



# Essential Pain Management

Improving and standardising Pain Management training for all healthcare professionals

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# Essential Pain Management (EPM)

- What it is and why it is needed
- Background to the course and Royal College of Anaesthetists involvement
- Overview of course content
- UK EPM progress to date
  - undergraduate and postgraduate
  - Doctors and AHPs
- How EPM can help you

# Aims of EPM



# EPM – the ambition

- To facilitate teaching, using a standardised framework for the **multidisciplinary** management of pain
- To raise the profile of pain management as a skill for all healthcare providers
- To improve the quality and reduce variability in pain management nationally and internationally

# More simply, EPM provides:

- Unified approach
- Standardisation
- Hopefully improvement in patient care
  - *The ALS of pain management*

# How it all started

- Australian and New Zealand College of Anaesthetists
  - Roger Goucke
  - Wayne Morriss



- First Course in Papua New Guinea in 2010
- SE Asia, Mongolia, Pacific Islands, Uganda, Rwanda
- 2013 UK EPM working group – Africa
- Development of EPM Lite for med students – Linda Huggins



# Driving Forces in the UK

- 2008 Chief Medical Officers Report highlighted need for improved Pain Education
- Average of 12h training time at undergraduate level spent on pain
  - 13h Doctors
  - 10h Nurses
  - 36h Physios\*

\* Briggs et al; Survey of Undergraduate Pain Curricula for Undergraduate Healthcare Professionals in the UK

[https://www.britishpainsociety.org/static/uploads/resources/files/members\\_sig\\_edu\\_short\\_report\\_survey.pdf](https://www.britishpainsociety.org/static/uploads/resources/files/members_sig_edu_short_report_survey.pdf)



# Doctor Pain Training in the UK pre-2014

- Haphazard
- Taught (?) by non-specialists
- Pall care, medicine, surgery, ED
- Picked up along the way
  
- Anaesthetics

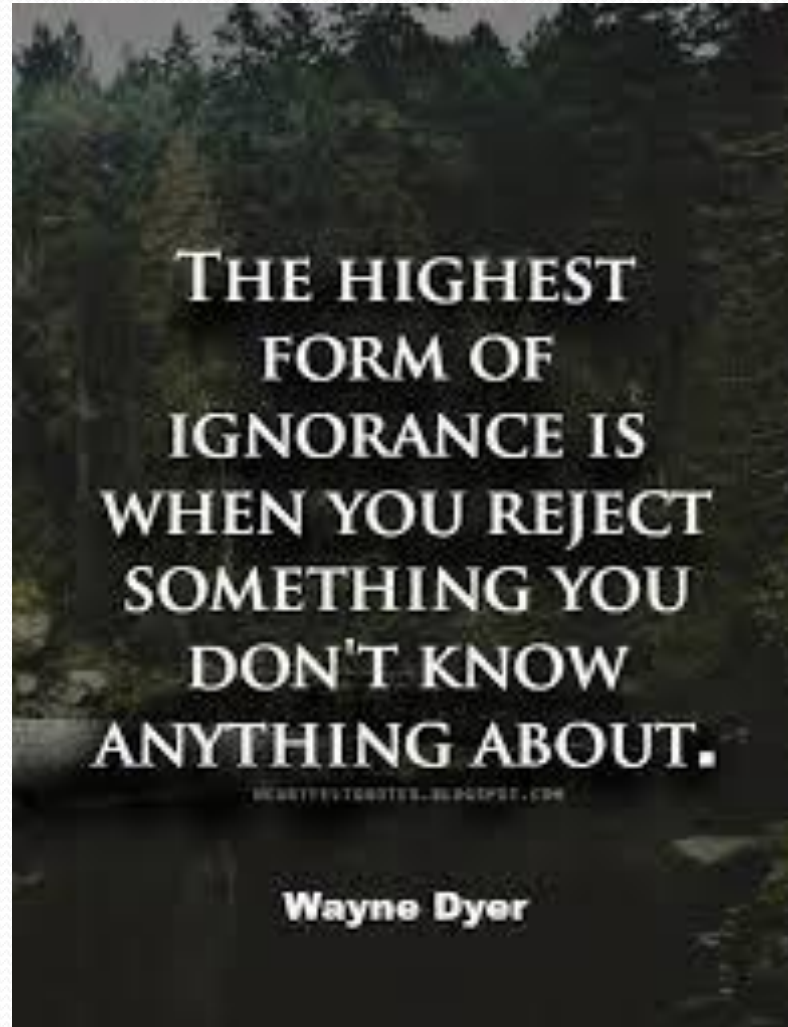


# First steps for the UK

- Medical Schools
- Bristol pilot 2014
- Uptake by 13, with most others in discussion

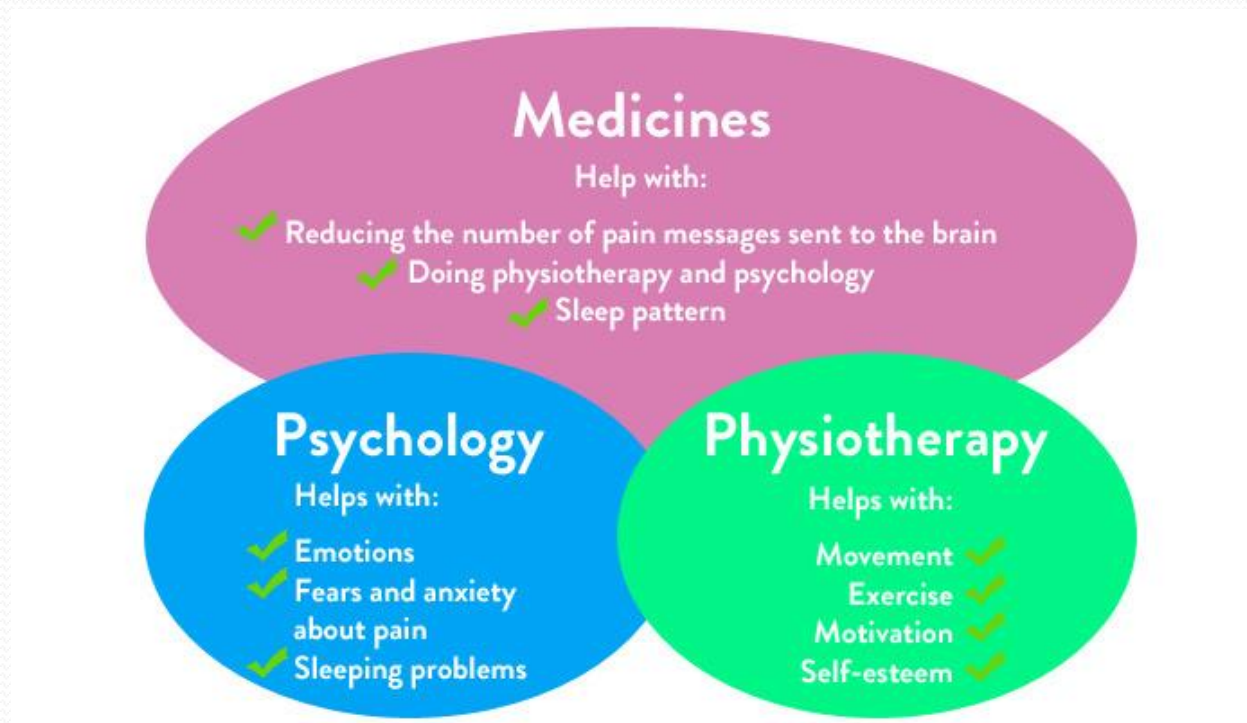


# Engaging the audience

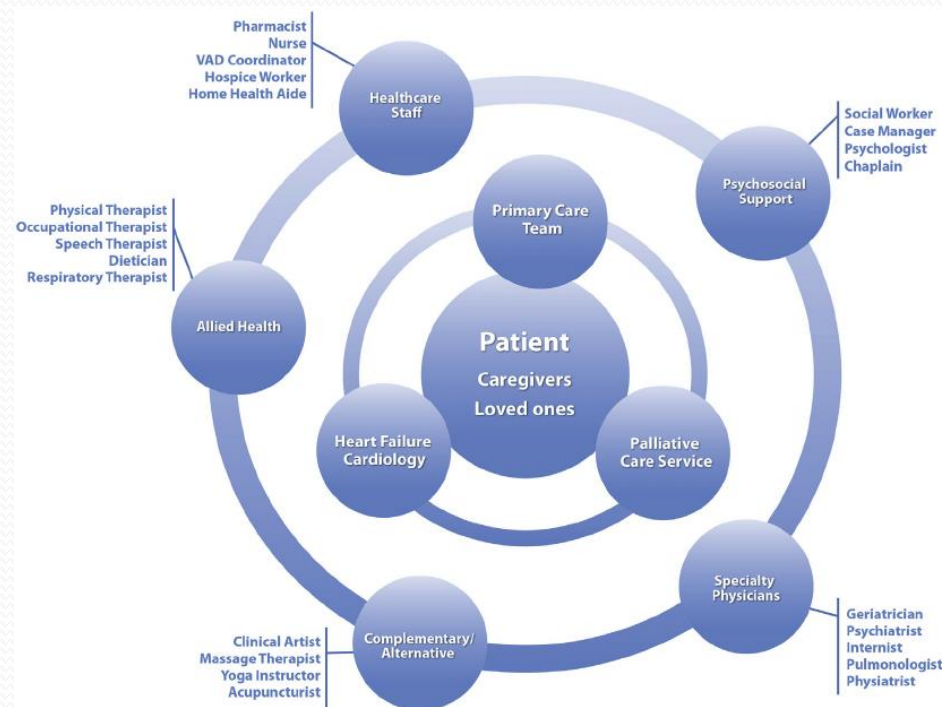


*Before specialising in Anaesthesia/Pain management, do you recall receiving specific, **formal** postgraduate training in the multidisciplinary management of pain?*

Do you feel that your **overall** personal training in Pain Management was adequate *before you specialised in anaesthesia/pain?*



Do you feel that **all** types of healthcare professionals currently receive adequate post-graduate training in the multidisciplinary management of pain?



# Session Structure

Time	Duration (mins)	Lecture / Discussion	Instructor/s
14.00-14.15	15	Welcome, Introduction & Pre-test	Helen
14.15-14.35	20	What is pain and why should we treat it? (a)	All – small groups
14.35-14.45	15	Classification of pain	Mike
14.45-15.00	15	Pain physiology and pathology - revision	Sarah
15.00 -15.20	20	Tea	
15.20 -15.35	15	Pain Treatment Overview	Helen
15.35-15.45	10	RAT approach to pain management	Ann
15.45 -16.35	50	RAT approach to pain management (b)	All – small groups
16.35 -17.00	25	Post-test, answers & feedback (c)	Mike





# Adaptable timetable

Time	Duration (mins)	Lecture / Discussion	Instructor/s
13.40-14.00	20	Welcome, Introduction & MCQ Pre-test	<b>Dr Helen Makins</b>
14.00-14.20	20	What is pain and why should we treat it? <b>(a)</b>	<b>All – small groups</b>
14.20-14.30	10	Classification of pain	<b>Dr Sarah Harper</b>
14.30-15:45	15	Pain physiology and pathology - revision	<b>Dr James De Courcy</b>
14:45-15:00	15	Pain treatment overview	<b>Dr Mike O'Connor</b>
15.00 -15.20	20	Tea	
15.20-15.40	20	SBA and discussion – the use of opiates in pain management <b>(b)</b>	<b>All – small groups</b>
15.40-15.55	15	RAT approach to pain management	<b>Dr Owen Bodycombe</b>
15.55 -16.45	50	RAT approach to pain management <b>(c)</b>	<b>All – small groups</b>
16.45-16.55	10	Post-test and MCQ answers	<b>Dr Helen Makins</b>
16.55-17.00	5	Feedback <b>(d)</b> and close	<b>Dr Helen Makins</b>




# What EPM covers

- What is pain and why treat it?
- Classification of Pain
- Pain physiology and pathology
- Treatment
- Management


Classification of Pain

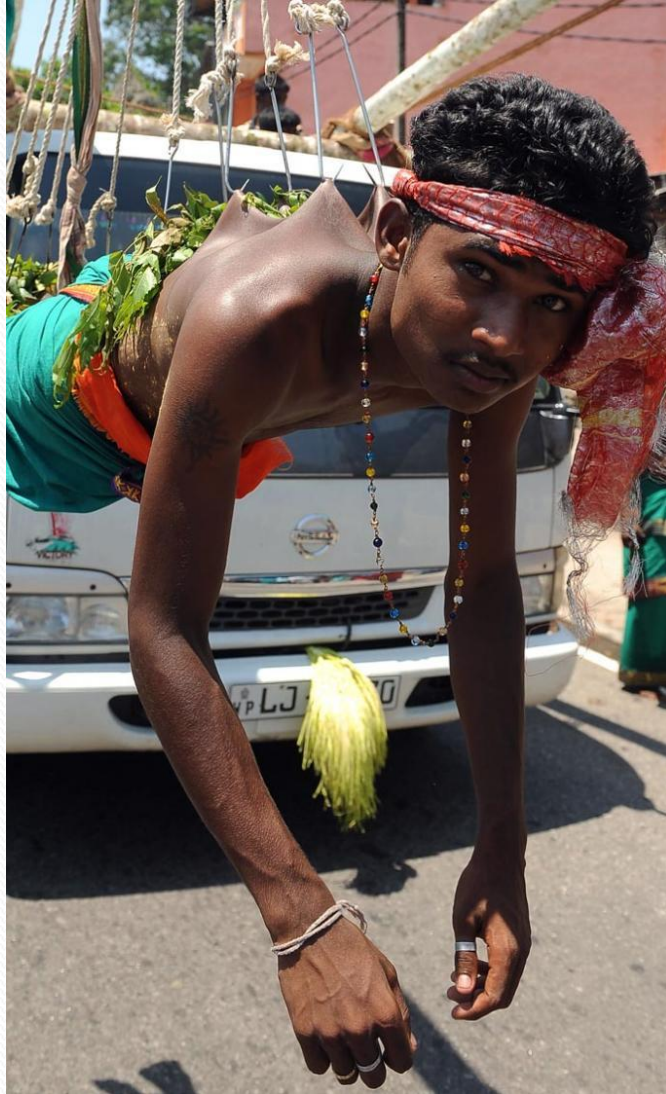
Duration	Acute Chronic Acute on chronic
Cause	Cancer Non-cancer
Mechanism	Nociceptive Neuropathic

3.4 

Drug Effectiveness

	Acute noci mild	Acute noci severe	Acute neuro	Chronic non-cancer	Chronic cancer
Paracetamol	+++	++	+	+	+
NSAIDs	++	++	+	±	±
Codeine	++	+			±
Morphine		+++	++	-	+++
TCA's	-	-	++	++	++
Anticonvulsants	-	-	++	++	+

5.20 



*Is this man feeling pain?*

# The ABC of pain

- **R**ecognise
- **A**ssess
- **T**reat



# Feedback from Medical Students

- Tying together the theory and the practice
- Acute vs chronic pain
- Nociceptive vs neuropathic pain
- Simple, structured approach
- Biopsychosocial model
- Practical examples
- Small group work
- **Use of opioids**

# The Medical Postgraduate Pilot

- Core Trainees in Anaesthesia, Kingston Hospital, 2016
- 24 attended
- 3.5 hour session
- Learning points
  - Knowledge gaps
    - Use of oral opioids for acute severe pain
    - Misunderstandings about addiction
  - They liked:
    - Structured, systematized, multi-disciplinary approach

# General Practice – assessing the need

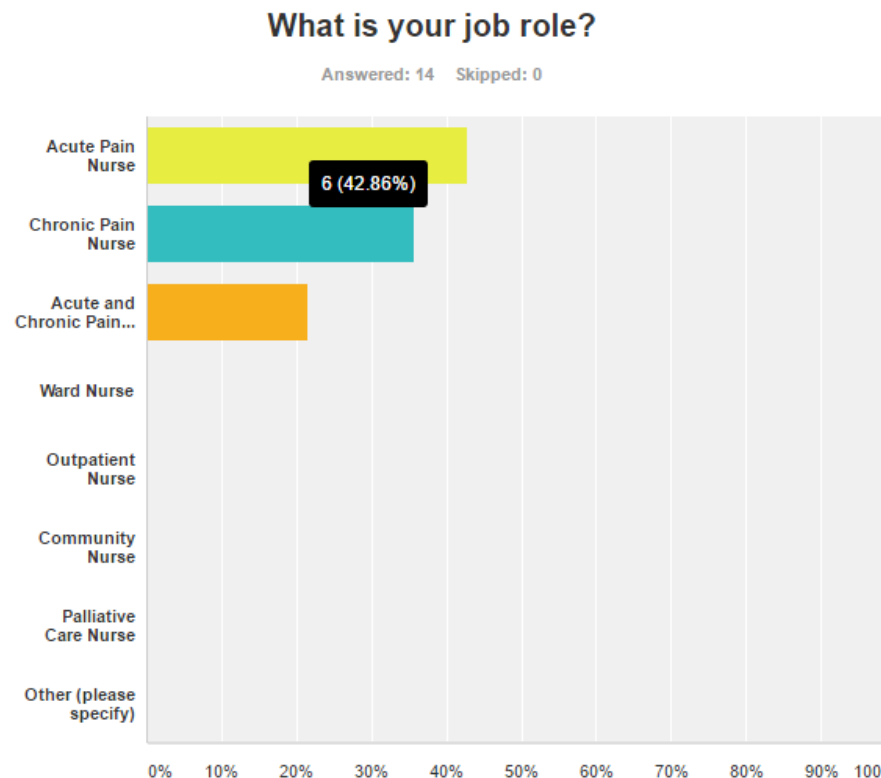
- Forest of Dean GP survey October 2016
  - Patients with pain are often the most challenging
  - 4/20 had postgraduate pain training
  - 4/20 felt confident in managing pain as a newly qualified GP
  - 20/20 felt training is needed for GPs

## **Gloucestershire GP Trainee session June 2017, 33 participants**

- 4.5/5 average relevance
- 4.2/5 average learning achieved
- 4.4/5 average enjoyment of the session

# Nursing – assessing the need

- Survey of Specialist Pain Nurses in the South West January 2017
- Mixture of acute and chronic pain nursing

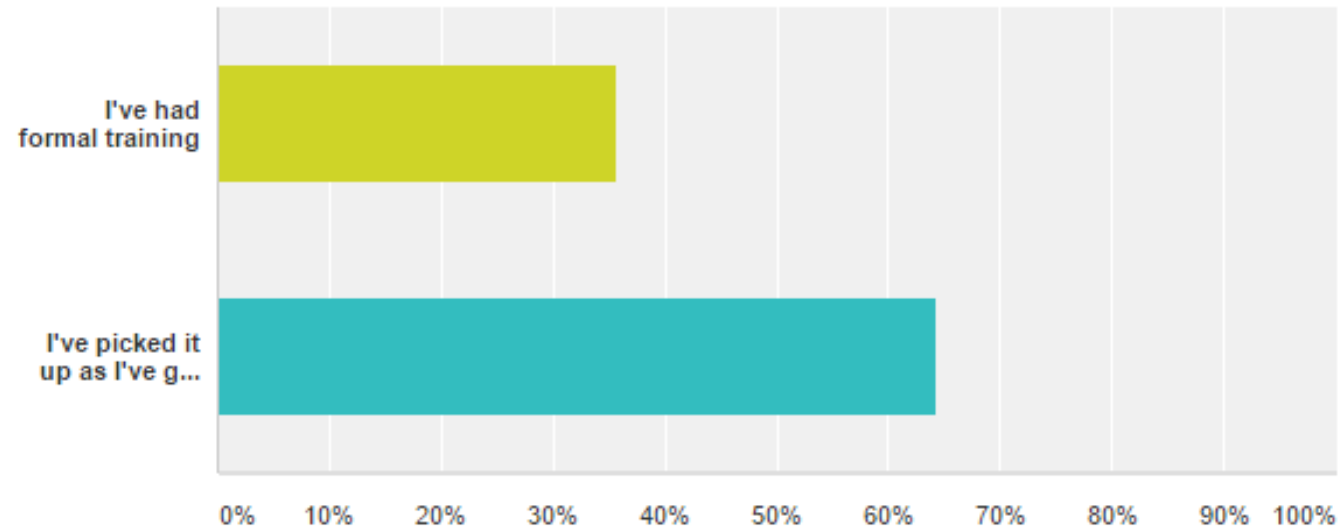




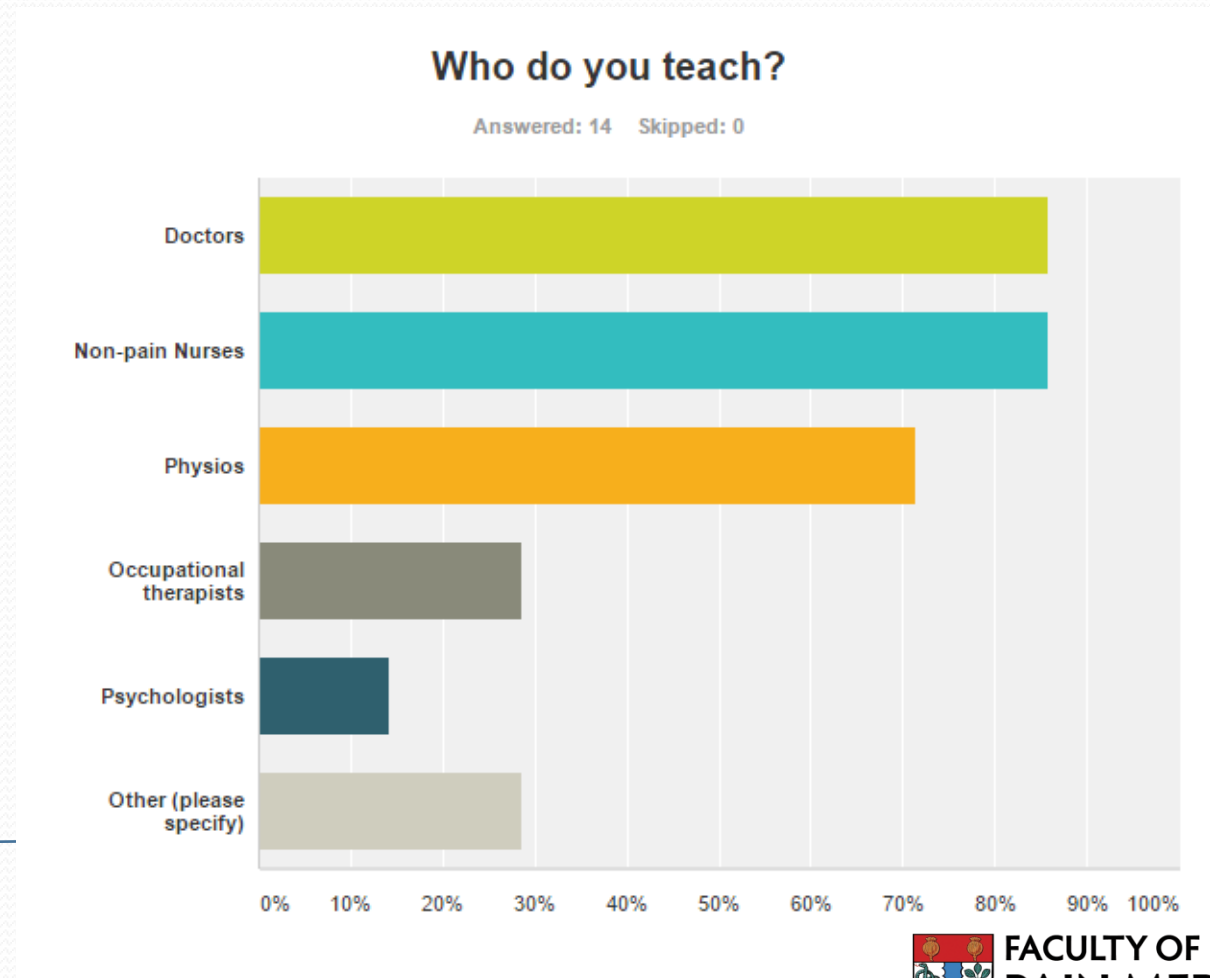
# Training for Specialist Nurses

Have you had formal training in the multidisciplinary assessment and management of pain?

Answered: 14 Skipped: 0



# Teaching roles



Students, HCAs,  
Assistant practitioners,  
patients



# 100% of nurse respondents

- Believe that non-pain specialists would benefit from more pain teaching
- Feel that a unified approach to assessment and management of pain would be helpful
- Are interested in finding out more about EPM
- Are interested in incorporating the EPM approach into their pain teaching
  
- 93% interested in attending an EPM Train the Trainers course

# Train the Trainers

- 1 day course, March 2017 and then NAPS September 2017
- Objectives
  - Familiarisation with course content
  - Ensure relevant knowledge in all areas
  - Opportunity to discuss practicalities and hurdles when developing the course for specific audiences

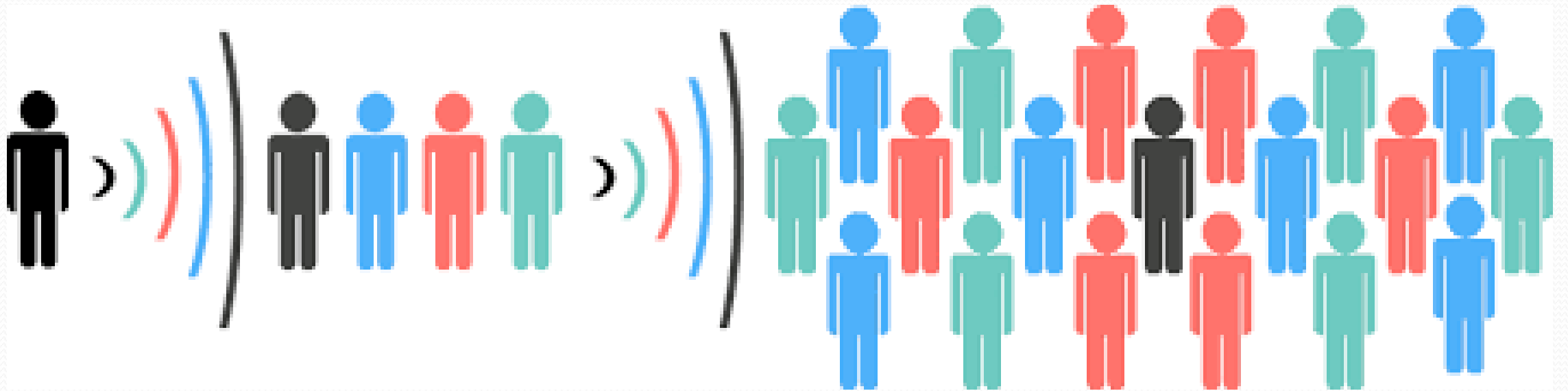
# Attendees:

- Specialist Pain Nurses
- Medical Teaching Fellows
- Advanced Pain Trainees
- Senior Anaesthetists
- Psychologists
- Senior Physios

# Train the Trainers feedback

- 1<sup>st</sup> course: 88% confident or very confident to teach the course by the end (from 0%)
  - At least 19/25 have taught the course subsequently
  - 13/25 have set up their own courses, for doctors, physios and nurses
- 2<sup>nd</sup> course: 100% confident or very confident to teach EPM (from 41%)

# Dissemination





# The Trust-Wide Approach

Observation Chart for the National Early Warning Score (NEWS)

NEWS KEY 0 1 2 3		NAME:	D.O.B.	ADMISSION DATE:	
DATE	TIME			DATE	TIME
RESPIRATORY RATE	≥25		3		≥25
	21-24		2		21-24
	12-20		1		12-20
	9-11		1		9-11
	≤8		3		≤8
SpO <sub>2</sub>	≥96		1		≥96
	94-95		2		94-95
	92-93		2		92-93
	≤91		3		≤91
Inspired O <sub>2</sub> %	%	2		%	
TEMP	≥39°		2		≥39°
	38°		1		38°
	37°		1		37°
	36°		1		36°
	≤35°		3		≤35°
BLOOD PRESSURE <small>uses Systolic BP</small>	≥230		3		≥230
	220				220
	210				210
	200				200
	190				190
	180				180
	170				170
	160				160
	150				150
	140				140
	130				130
	120				120
	110		1		110
100		2		100	
90		3		90	
80				80	
70				70	
60				60	
50				50	
HEART RATE	>140		3		>140
	130		2		130
	120		2		120
	110		1		110
	100		1		100
	90		1		90
	80		1		80
	70		1		70
	60		1		60
	50		1		50
40		3		40	
30		3		30	
Level of Consciousness	Alert			Alert	
	V / P / U		3	V / P / U	
BLOOD SUGAR				BI'd Sugar	
TOTAL NEWS SCORE				TOTAL SCORE	
Additional Parameters	Pain Score			Pain Score	
	Urine Output			Urine Output	
	Monitoring Frequency			Monitor Freq	
	Escalation Plan / N/A			Escal Plan	

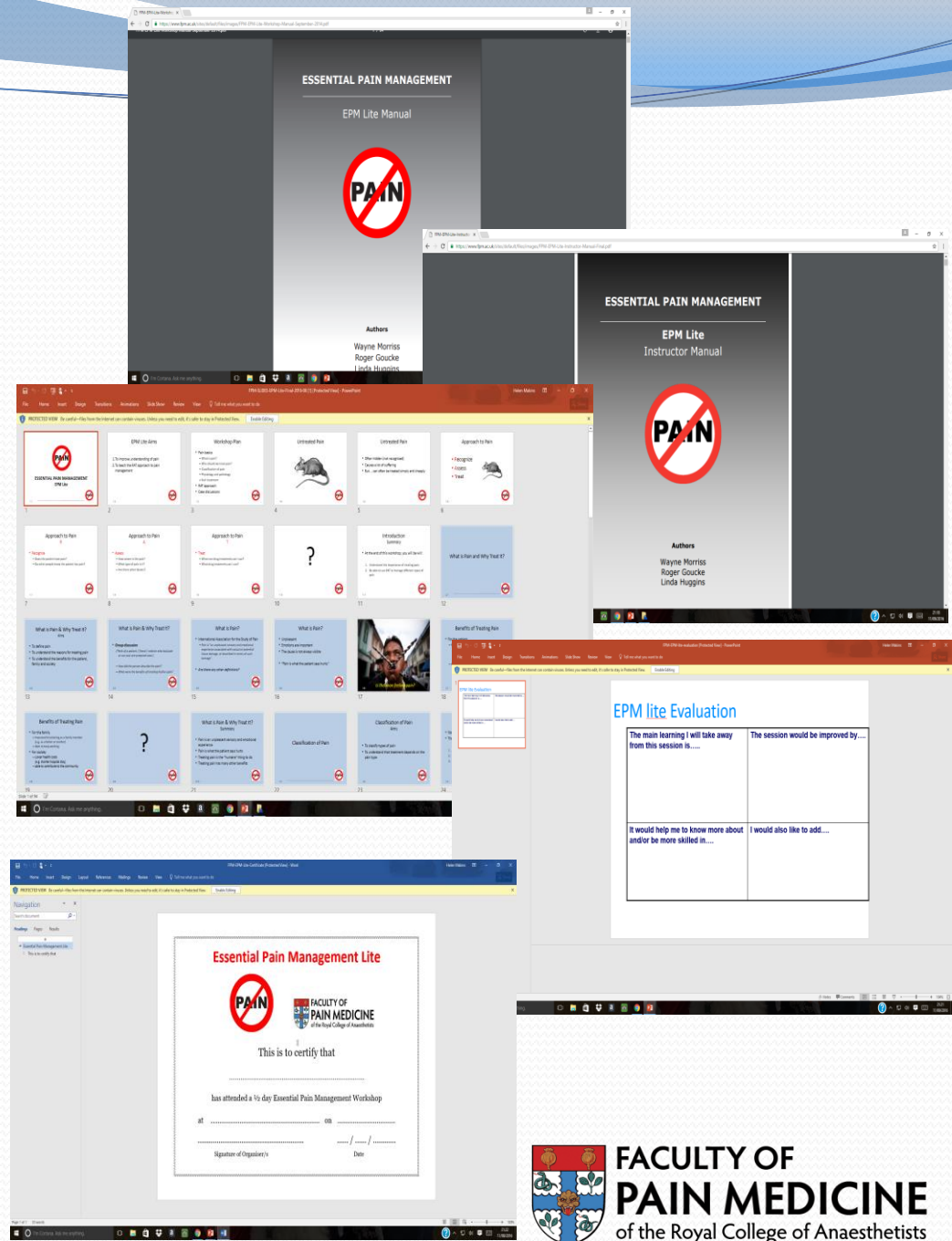
# Course Materials

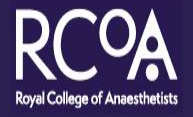
On the website:

- Student manual
- Instructor manual
- Slide set

Through contacting the FPM:

- MCQs and answers
- Evaluation form
- Certificate of attendance





Search www.rcoa.ac.uk

- Home
- About the College
- Careers and Training
- Examinations
- Education, Events and Research
- Clinical Quality, Standards and Safety
- Revalidation and CPD
- News and the Bulletin
- For Patients and Relatives

## The Royal College of Anaesthetists

Anaesthesia is the largest single hospital speciality in the NHS. The Royal College of Anaesthetists is the professional body responsible for the speciality throughout the UK, and it ensures the quality of patient care through the maintenance of standards in anaesthesia, critical care and pain medicine.

Follow @RCoANews

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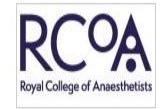
ACSA  
Anaesthesia Clinical Services Accreditation

Royal College of Anaesthetists  
ACCREDITATION

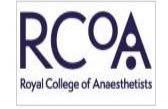
Peer review for quality improvement

> Clinical Services Accreditation > ACSA Standards

### News



**Joint trainee doctor welfare statement**  
The Royal College of Anaesthetists, the Faculty of Intensive Care Medicine and The Association of Anaesthetists of Great Britain and Ireland have...



**Joint statement on the Junior Doctors' series of 5 day strikes**  
Responding to the announcement by the BMA of a series of five days of strike action by junior doctors commencing on 12 September the Royal College of...

Play the animation here..>

The College is committed to developing a collaborative programme for the delivery of perioperative care across the UK. [Watch our short film](#), [read our vision document](#), and [share your views](#).

NCEPOD call for case note reviewers

Events



Back to the RCoA site

Search www.rcoa.ac.uk

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## Faculty of Pain Medicine



Welcome to the Faculty of Pain Medicine of the Royal College of Anaesthetists.

The Faculty of Pain Medicine is the professional body responsible for the training, assessment, practice and continuing professional development of specialist medical practitioners in the management of pain in the UK. It supports a multi-disciplinary approach to pain management informed by evidence-based practice and research.

Junior doctors' statement supported by FPM as part of RCoA...>

### FPM news

- 2016 Case Report Prize Winner  
07 Sep 2016  
The Faculty is pleased to advise that the 2016...
- Election to the Board of the Faculty of Pain Medicine 2016  
05 Aug 2016  
Notice is hereby given that the election to one...
- Acute Pain Trainee Survey - Deadline Today  
03 Aug 2016  
This is a reminder that the acute pain trainee...
- Book now: FFPMRCA Exam Tutorials Friday 9th September  
26 Jul 2016  
Bookings are open for the FFPMRCA Exam Tutorials...

> More news

### How to Join FPM

Information on the different routes of entry to the Faculty

### Frequently Asked Questions (FAQs)

Questions relating to training, the exam and membership

### Calendar of Events

Faculty events and meetings of the Board and Committees

### Transmitter

Bi-annual Newsletter of the Faculty

For Trainees

INITIATIVE: Opioids Aware

INITIATIVE: Secure Environments

Right Patient Right Professionals Right

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  - > Pain in Secure Environments
  - > Right Patient Right Professional Right Time
  - > e-PAIN
  - > ASK2QUESTIONS
  - > **Essential Pain Management**
  - > ERWAVE
- > Transmitter
- > Surveys, Useful Links and Innovations
- > For Patients and Relatives
- > Frequently Asked Questions (FAQs)
- > Contact us

## Faculty Initiatives



The Faculty, as well as undertaking its core business, develops new initiatives (solo or in partnership with other organisations) to address upcoming national issues and/or gaps in educational provision.

Current active initiatives are listed in the landing boxes below.

<b>Right Patient Right Professionals Right Time</b> An initiative to engage nationally on key issues affecting pain medicine	<b>Opioids Aware</b> A resource for patients and healthcare professionals to support prescribing of opioid medicines for pain	<b>Pain in Secure Environments</b> Courses developed to meet the training requirements for professionals working within secure environments	<b>e-PAIN</b> A multi-disciplinary e-learning programme for pain
<b>ASK2QUESTIONS</b> An early pre-screening and management tool to reduce the burden of pain	<b>Essential Pain Management</b> A course for lower income countries that helps to improve pain management	<b>Undergraduate education: EPM Lite</b> An initiative to introduce pain management education to medical undergraduates	



# Official Endorsements

- BMA prescribing Guidance
  - Chronic pain: supporting safer prescribing of analgesics\*
- Royal College of Anaesthetists new undergraduate curriculum, launch next week
  - Science, Skills and Safety: What Anaesthesia, Perioperative, Pain and Intensive care medicine can contribute to undergraduate medical education
- British Pain Society document on postgraduate training in Pain Medicine

\*[www.bma.org.uk/-/media/files/pdfs/collective..](http://www.bma.org.uk/-/media/files/pdfs/collective..)

# Additional materials not on the website

- Feedback summary spreadsheet
- MCQs and answers
  
- Available freely on request



# How (I hope) EPM can help you

- Provide a standard structure to complement existing teaching (RAT)
- A standard structure for setting up new teaching – time saving
- Materials freely available and regularly updated
- Adaptable according to your audience and suitable for all AHPs
- Be part of a national and international project
- Contribute to standardising the teaching of Pain Management

# More information

Autumn 2017 editon of FPM Transmitter

<https://www.rcoa.ac.uk/system/files/FPM-Transmitter-AUTUMN-2017.pdf>

Faculty of Pain Medicine Administrator [Cdriver@rcoa.ac.uk](mailto:Cdriver@rcoa.ac.uk)