

# KGH/HDH

## Chronic Pain Rotation Objectives

The goal of this one-month rotation is to develop an approach to the investigation, management, or referral of patients complaining of chronic non-malignant and cancer pain.

The pain clinic of the Department of Anaesthesiology is “undisciplinary” in staffing but multidisciplinary in the investigation and treatment of patients. The initial diagnosis or treatment of a pain complaint will be conducted within the Anaesthesiology Chronic Pain Medicine Clinic. However, this clinic exists within the multidisciplinary environment of the Queen’s University Medical Centre ensuring the availability of a wide range of consultations, tests, or treatments. The patient’s local medical facilities and personnel are used whenever possible because of the distances of the referral area.

At the completion of pain medicine rotation, the resident will have acquired the following competencies and will be able to:

### **MEDICAL EXPERT/CLINICAL DECISION-MAKER**

#### *General Requirements*

- Demonstrate diagnostic and therapeutic skills for ethical and effective chronic pain patient care.
- Access and apply relevant information in evaluating and formulating a treatment plan for chronic pain patient.
- Demonstrate effective consultation services with respect to chronic pain patient care.

#### *Specific Requirements*

- Demonstrate knowledge of anatomy, physiology, pathophysiology and pharmacology of the pain system.
- Demonstrate the role of psychological factors affecting pain perception and disability
- Demonstrate knowledge of age and sex related variables in medicine as they apply to chronic pain patient care.
- Demonstrate knowledge of general principles of evaluation and management of patients with chronic pain: What constitutes an appropriate clinical history and physical examination in patients with persistent pain? Methods of measuring pain in humans.
- Demonstrate knowledge of myofascial pain, pathophysiology, presenting clinical findings and treatment

Demonstrate knowledge of specific diagnostic/treatment modalities (indications, contraindications, complications, technique, and outcome measures):

Medications: analgesics, anxiolytics, neurolytic, antidepressants, anti-epileptics, sympatholytics, anti-inflammatory, etc.

Cognitive therapy  
Physical therapy & exercise therapy  
Neuro-augmentive therapy  
Psychological therapy  
Surgical techniques  
Multidisciplinary approach to pain management  
Tests: radiological, electrophysiological, biochemical, etc

- Demonstrate knowledge of basic interventional techniques commonly employed in chronic pain medicine practice, including:

- Peripheral nerve blocks
- Sympathetic blockades
- Trigger points injections
- Epidural steroids injections
- Blocks for diagnosis and treatment of the facet joint syndrome
- Sacroiliac joint injections

- Demonstrate knowledge of basic legal and bioethical issues encountered in chronic pain medicine practice including informed consent.

Subsequent clinical experience investigating and treating patients with specific types of pain complaints will allow the resident to apply these general objectives to specific clinical problems such as:

- Complex Regional Pain Syndrome
- Neuropathic pain syndromes
- Central pain syndrome
- Myofascial pain syndromes
- Intractable anginal pain
- Visceral pain
- Pelvic pain
- Headaches
- Cancer pain
- Pain related to peripheral vascular insufficiency
- Role of personality disorders
- Compensation and disability

## **COMMUNICATOR**

### ***General Requirements***

- Establish a professional relationship with patients and families.
- Obtain and collate relevant history from patients, and families.
- Listen effectively.
- Discuss appropriate information with patients and families and other members of the health care team.

### ***Specific Requirements***

- Demonstrate consideration and compassion in communicating with patients and families.
- Provide accurate information appropriate to the clinical situation.
- Communicate effectively with medical colleagues, nurses, and paramedical personnel in inpatient, outpatient, and operating room environments.
- Demonstrate appropriate oral and written communication skills.
- Ensure adequate information has been provided to the patient prior to undertaking invasive procedures.

## **COLLABORATOR**

### ***General Requirements***

- Consult effectively with other physicians and health care professionals.
- Contribute effectively to other interdisciplinary team activities.

***Specific Requirements***

- Demonstrate ability to function in the clinical environment using the full abilities of all team members.

**MANAGER**

***General Requirements***

- Utilize personal resources effectively in order to balance patient care, continuing education, and personal activities.
- Allocate finite health care resources wisely.
- Work effectively and efficiently in a health care organization.
- Utilize information technology to optimize patient care, and life long learning.

***Specific Requirements***

- Demonstrate basic knowledge of the management of pain clinic.
- Demonstrate knowledge of the guidelines concerning controlled medication use as a treatment for cancer and chronic nonmalignant pain in Canada.
- Demonstrate knowledge of the guidelines concerning adequate use of adjuvant medications
- Demonstrate principles of quality assurance, and adequate follow up for patients with chronic pain.

**HEALTH ADVOCATE**

***General Requirements***

- Identify the important determinants of health affecting chronic pain patients.
- Contribute effectively to improved health of patients and communities.
- Recognize and respond to those issues where advocacy is appropriate.

***Specific Requirements***

- Provide direction to hospital administrators regarding compliance with national practice guidelines for chronic pain management.
- Recognize the opportunities for anesthesiologists to advocate for resources for chronic pain management.

**SCHOLAR**

***General Requirements***

- Develop, implement, and maintain personal continuing education regarding chronic pain management.
- Critically appraise sources of medical information.

***Specific Requirements***

- Develop criteria for evaluating the pain medicine literature.
- Critically assess the literature using these criteria.
- Describe the principles of good research.
- Using these principles, judge whether a research project is properly designed.

## **PROFESSIONAL**

### ***General Requirements***

- Deliver highest quality care with integrity, honesty and compassion.
- Exhibit appropriate personal and interpersonal professional behaviors.
- Practice medicine ethically consistent with the obligations of a physician.

### ***Specific Requirements***

- Include the patient in discussions concerning appropriate diagnostic and management procedures.
- Respect the opinions of fellow consultants and referring physicians in the management of patient problems and be willing to provide means whereby differences of opinion can be discussed and resolved.
- Show recognition of limits of personal skill and knowledge by appropriately consulting other physicians and paramedical personnel when caring for the patient.
- Establish a pattern of continuing development of personal clinical skills and knowledge through medical education.

### **References:**

1. Fields, H.L. (1987). Pain. New York: McGraw-Hill Book Company.
2. Wall, P.D., & Melzack, R. (Eds.). (1994). Textbook of Pain. 3<sup>rd</sup> ed., Edinburgh, UK: Churchill Livingstone.
3. Cousins, M.J. & Bridenbaugh, P.O. Neural Blockade. 3rd ed., Lippincott-Raven, 1998
4. Loeser J.D. Bonica's Management of Pain. 3rd ed. Lippincot Williams & Wilkins, 2001
5. Mailis-Gagnon, A. & Israelson, D. Beyond Pain. Viking Canada, 2003.

### **Clinical assignments**

Monday AM – Dr. Ruggles' Clinic, SMOL, clinic area main floor **0830-1200**

Monday PM – Dr. Karen Smith's Clinic, SMOL, clinic area main floor **1300-1400**

Tuesday – KOPI with Dr. Murphy, 797 Princess St, Suite 500 **0830-1600**

Wednesday – KOPI with Dr. Murphy, 797 Princess St, Suite 500 **0830-1600**

Thursday – Dr. Henry's Clinic – HDH, Brock 1 **0800-1600**

Friday – Dr. Henry's Clinic – Kingston Eye Institute, 725 Arlington Park Place **0800-1600**

2. In-patient Consults      Specifically addressed *pain* consults to Dr. Henry.

### **Evaluation**

The clinical faculty (Dr. Henry) will perform a daily evaluation of resident knowledge, reasoning, patient assessment, management, and technical skills by direct observation and questioning in the clinical areas, and by chart reviews.

**Block Coordinator**  
**Dr. Richard Henry**  
 Revised September 2011