

## Basic Pain Training

# ST1/2 Basic Pain Management Training

This document should help trainees achieve core competencies in pain management at a basic level, as specified in the RCoA 2010 curriculum.

### **In two years, to achieve an end of unit sign-off for your pain block, you must:**

Keep a Logbook of pain cases, clinics and regional blocks

Successfully sign-off (at a minimum):

- 8 consultant supervised acute pain rounds,
- 1 CBD, 1 A-CEX & 1 pain-related DOPS
- 2 chronic pain clinics
- Initial pain assessment & management competencies

### **By the end of ST2, it is desirable:**

To have attended 4 Chronic Pain Clinics

To have completed the Learnpro modules Chronic Pain Modules 1-5

To have undertaken an audit in pain management.

Training opportunities must be actively sourced.

Completion of this module is *your* responsibility.

Aims and objectives for basic training in pain medicine are outlined in "Curriculum for Anaesthetics 2010," on the Royal College of Anaesthetists website ([www.rcoa.ac.uk](http://www.rcoa.ac.uk)), Annex B – Basic level training, B70-71, B-97 and B-100.

Briefly, these are as follows:

- To be competent in the assessment and effective management of acute post-operative and acute non post-operative pain
- To acquire knowledge necessary to provide a basic understanding of the management of chronic pain in adults
- Gain competence in the assessment of acute surgical and nonsurgical pain
- To have an understanding of chronic pain in adults

### **Assessment**

Log Book review including review of recommended targets for pain rounds.

Review of pain case based discussions & WBPAs.

PCA and epidural pump use, competency tests completed and signed.

Specific review of the recommended method for assessment and management of acute severe pain in a postoperative patient

CUT forms can be completed by your local acute pain lead or alternatively one of the chronic pain consultants- please seek local advice.

Should you need further advice or guidance contact your Regional Advisor in Pain Medicine- Dr Lisa Manchanda.

## Web resources

1. West of Scotland School of Anaesthesia.  
<http://www.jet5.com/wossa/specialties.php>
2. Australian Evidence Based Guidelines for Acute Pain Management (3<sup>rd</sup> edition)  
<http://www.fpm.anzca.edu.au/resources/books-and-publications/publications>
3. [www.paindata.org](http://www.paindata.org)

## Books

Acute Pain Management: A practical guide, P McIntyre B Ready.

## PUMP TRAINING/COMPETENCY RECORD

### Unit of Training: Pain Medicine (ST1/2Basic Level)

Trainee:

NTN: RCoA-number:

Educational-lead:

***This assessment must be carried out within the first 3 months of ST1 training and prior to starting on-call duties.***

It is envisaged that the Acute Pain Nurse would carry out the necessary pump Training on the PCA & Epidural equipment used in your hospital.

Once completed a copy should be kept by the trainee.

Another copy should be kept by the local educational supervisor/lead clinician.

### **Pump Type Date Hospital Signature**

**(Trainee)**

**Signature**

**(Trainer)**

**PCA (Specify):**

**Epidural (Specify):**

**Other (Specify):**

The above named person has satisfactorily demonstrated understanding of and use of the above named pumps at date of signing only. They must judge themselves competent whenever dealing with these pumps.