

## **Stage 1 Pain Medicine Training**

This document should help trainees achieve Stage 1 Key Capabilities in Pain Medicine, as specified in the RCoA 2021 curriculum.

### **In three years, to achieve the Holistic Assessment of Learning Outcomes (HALO), you must:**

Keep a Logbook of pain cases, acute pain ward rounds (including during maternity rotations and oncalls), pain clinics and regional blocks

#### **Successfully sign-off (at a minimum):**

- 4 consultant supervised acute pain rounds
- SLEs relevant to Key Capabilities A-G as outlined in the 2021 curriculum, which include initial pain assessment and management including in specific patient groups, safe prescribing, PCA and epidural pump competency.

#### **By the end of CT3, it is desirable:**

To have completed the Learnpro modules Chronic Pain Modules 1-5 which are also useful FRCA Exam preparation.

To have undertaken a quality improvement project in pain medicine.

**The Key Capabilities for Core Training are outlined with example SLEs at: <https://rcoa.ac.uk/documents/2021-curriculum-learning-syllabus-stage-1-unapproved/pain>**

Briefly, these are as follows:

A: Can recognise, examine, assess and manage acute pain in the surgical and non-surgical patient.

B: Is able to safely and appropriately prescribe medication for pain management.

C: Demonstrates effective communication skills regarding pain management with patients, relatives and carers.

D: Demonstrates the basic assessment and management of acute on chronic and chronic pain in adults.

E: Describes the concept of biopsychosocial multi-disciplinary pain management.

F: Describes the special circumstances in assessing and managing perioperative pain in specific patient groups including children, pregnancy and breast feeding, the elderly and frail, those with learning and communication difficulties, autism, dementia, renal and hepatic impairment and substance abuse.

G: Describes the safe use of equipment used in pain management.

HALO forms can be completed by your local educational supervisor or clinical supervisors. Should you need further advice or guidance contact the Regional Advisor in Pain Medicine- Dr Peter Paisley.