

## CA-2 Pain Management Rotation Goals and Objectives

# Department of Anesthesiology University of Minnesota Pain Management Rotation at Gundersen Clinic Goals and Objectives

UMN Department of Anesthesiology

### **GOAL**

The overall goal is for residents to understand the fundamentals of caring for patients with acute, chronic, and cancer pain.

### **Objectives:**

1. Residents will become knowledgeable in an interdisciplinary approach to pain management specialties to provide the best care to patients. This will include experience in both inpatient and outpatient facilities.
2. Residents will become familiar with the principles of acute pain management, using common modalities to treat postoperative pain, including intravenous patient-controlled analgesia, epidural and other neuraxial analgesia, other regional anesthetic techniques, and their management and side effects.
3. Residents will also become knowledgeable about chronic pain management. They should learn about the diagnosis, evaluation, and treatment of chronic pain syndromes, with particular attention paid to obtaining a history, performing a physical exam, and proposing a multi-modal treatment plan.

### **Specific Objectives:**

The objectives are organized by ACGME core competency.

#### **1. Medical Knowledge**

##### *Acute Pain Management*

- Understand the pharmacology of opiates, non-narcotic analgesics, and nonsteroidal anti-inflammatory agents.
- Discuss the pharmacology of local anesthetics, neuromodulatory drugs used in pain management.
- Understand and perform assessment of pain and function.
- Understand and be able to select between various techniques of pain management, including:
  - Intravenous patient-controlled analgesia.
  - Neuraxial drug administration (epidural – spinal).
  - Regional anesthesia techniques (single shot – catheter technique).
  - Oral pain medication usage and conversion from IV to oral therapy.
- Know the side effects and complications of acute pain management modalities, including their prevention and management.

##### *Chronic Pain Management*

- Discuss the pharmacology of opiates, nonnarcotic analgesics, and nonsteroidal anti-inflammatory agents.
- Describe the pharmacology of centrally acting drugs.
- Understand measurement and assessment of pain and function.
- Understand the principles and indications of diagnostic testing.

- Understand the role of nerve blocks in pain management.
- Describe psychotherapeutic treatment principles, rehabilitation, and team management.
- Know the basic principles of cancer pain management.
- Discuss the principles of other chronic pain syndromes, including:
  - Low back pain,
  - Myofascial pain.
  - Complex regional pain syndromes.
- Neuralgias.
- Understand the principles of acupuncture/TENS/PENS
- Know the principles of multidisciplinary pain management.
- Understands the key elements of Radiofrequency, spinal cord stimulation and intrathecal drug delivery devices.

## **Patient Care**

### *I. Acute Pain Management*

- Place neuraxial catheters and perform a variety of peripheral nerve blocks.
- Program neuraxial infusion system pumps and intravenous PCA pumps, and otherwise program and manage such systems.
- Manage the side effects of the above-mentioned treatments.
- Conduct acute pain service rounds and provide appropriate documentation of patient care.

### *II. Chronic Pain Management:*

- Take complete (but pain oriented) history and physical examination with emphasis on the musculoskeletal examination.
- Perform epidural and subarachnoid injections, as well as other basic peripheral nerve block procedures and sympathetic blocks.
- Manage the side effects of the above procedures.
- Order appropriate diagnostic testing.
- Utilize physical therapy and occupational therapy.
- Utilize behavioral therapies.
- Utilize fluoroscopic guidance for injections
- Assist with Radiofrequency Ablation and implantable device management
- Manage oral pain regimen with narcotics, anti-inflammatory drugs and neuromodulators

## **Practice-Based Learning and Improvement**

During this rotation, the resident will learn evidence-based medicine as it relates to pain medicine. Demonstrate continuing effort to improve performance and furthering knowledge by attending and participating in activities as they relate to pain medicine such as lectures, conferences and journal clubs.

- Access relevant literature and evidence in pain management.
- Appropriately apply findings from literature to pain management.
- Self assess knowledge and skill in pain management.
- Identify areas for further study.
- Seek feedback regarding performance.

The residents are expected to complete the Pain Management Core Curriculum. They are also expected to present at least one topic related to pain medicine to the attending physician and/or pain conference.

### **Interpersonal and Communications Skills**

**During this rotation** the resident should be able to effectively communicate with the patient with acute or chronic pain as well as other caregivers concerning the patient's diagnostic and/or treatment plans.

- Provide patient education regarding sources and treatments of pain.
- Recognize the patient's discomfort and address patient's concerns about condition
- Effectively negotiate appropriate pain control strategies with patients.
- Effectively communicate with other referring physicians and other providers involved in the patients' care.

### **Professionalism**

The resident should demonstrate professional practice in their interaction with patients with pain as well as family members, colleagues and other members of the health care team. He or she will be expected to complete all documentation during the rotation in accordance with the institutional requirements

- Demonstrate compassion and respect for patients with pain problems
- Negotiate appropriate strategies for pain control with patients.
- Demonstrate awareness of patients with substance abuse or psychiatric issues and establish appropriate treatment plans.

### **Systems-based Practice**

The resident will understand and become knowledgeable in an interdisciplinary approach to pain management. They are expected to willingly interact and participate in hospital initiatives to increase quality and efficiency in the pain clinic. They are also expected to discuss systems-based problems when discussing a patient's conditions with the attending faculty.

- Perform effectively as a consultant to referring physicians.
- Demonstrate an awareness of complementary and alternative therapies in pain control to be able to provide effective patient education.

### **Scholarly Activities:**

- Attend all regularly scheduled pain management conferences, and actively participate in the presentation of these conferences is required.
  - A. Pain Management Core Curriculum.
  - B. Pain Management Morbidity and Mortality.
- Present at least one topic for conference during their rotation to their attending and/or pain conference.

### **Assessments:**

The assessment of the resident's achievement of the educational objectives and competencies during their pain management rotation will be by the attending faculty in the form of a written evaluation. The residents will also maintain case logs of the procedures they perform while on the rotation.

### **Textbooks and Required Reading:**

The following textbooks will be referenced, and reading assignments will be given:

- Wall and Melzack: Textbook of Pain.
- Tollison: Handbook of Pain Management.
- Handbook for Pain Management Rotation, MCG.