

Higher Pain Medicine Training

Higher Pain Medicine Training - Chronic

This optional module is designed for senior trainees (ST5-7) in the West of Scotland who wish to develop an interest in pain medicine, lasting 2-3 months. If you have an interest in Pain Medicine, please discuss with Dr Bridgestock, Dr Owen or Dr Paisley and your own educational supervisor and college tutor. Following approval by the training committee, a start date for this module can be arranged. Dr Margaret Owen supervises this module and can be contacted by email

Margaret.Owen@ggc.scot.nhs.uk or via the pain clinic at the New Victoria Hospital. Trainees should make contact with Dr Owen at least two weeks before the start of the module.

Higher Pain Medicine Training- Inpatient Pain Medicine

The Faculty of Pain Medicine published new guidance in 2019 on Higher training in inpatient pain medicine. Trainees intending to lead an inpatient pain service are expected to complete this optional 2-3 month module in ST5-7 and completion will allow trainees to apply for Affiliate Fellowship of the Faculty of Pain Medicine, without sitting the FFPMRCA exam. This will allow doctors working in acute pain medicine to become part of the FPM and access resources on the FPM website.

The curriculum guidance can be viewed [here](#), this module sets out to bridge the gap between acute and chronic pain medicine, particularly with the management of complex patients in the inpatient setting. Regional anaesthesia and perioperative medicine are also targeted along with non-technical skills to ensure the following core learning outcomes:

- “Be fully competent in the assessment and management of acute surgical, acute non-surgical and acute on chronic pain in all patients and in all circumstances, including infants, children, the older person, the cognitive impaired, those with communication difficulties, the unconscious and critically ill patient.”
- “Have knowledge and skills in the management of chronic and cancer pain.”
- “Be working to reduce the need for patients to seek help via the Emergency Department for their pain”.

The Faculty of Pain Medicine of the Royal College of Anaesthetists

Trainees must register with the Faculty at the beginning of their module, there is a link to the form to complete [here](#), which is to be emailed to fpm@rcoa.ac.uk

There is a wealth of information regarding training in Pain Medicine, including a trainee newsletter, available on the [Faculty of Pain Medicine](#) website

Learning Agreement:

The aim of the block is to achieve the competencies set out in the RCOA document CCT in Anaesthetics, Higher Level Training. (see optional units, pain medicine). Trainees undertake to attend around 40 pain sessions during their three months to give a broad mix of chronic, acute and palliative pain exposure. As well as medical sessions, trainees should spend some time with other members of the pain team: nurses, physiotherapists and psychologists. There will be some theatre time and interested trainees will be able to perform some interventional procedures under supervision. It may be possible to attend some sessions at the Glasgow Pain Management Program by arrangement.

Trainees must attend the monthly pain tutorials, local MDT meetings and will be expected to participate as part of the multidisciplinary pain team, seeing patients under supervision, where appropriate.

For successful completion, the trainee must submit evidence of the required knowledge and skills.

Essential evidence:

- **Completed Logbook**
- **Two case presentations.** At least one of these must be at the monthly tutorial morning and should be formally assessed. The other can be at one of the clinical MDT meetings.
- **2 DOPS**
- **1 CbD**
- **1 MiniCEX**
- **Faculty of Pain Medicine Consultant feedback [form](#)**

Optional evidence:

- **Attendance at local pain meetings (such as the WOSPG, NBPA or other national meetings)**
- **Involvement with new or ongoing audit and research projects**

Clinical Portal access

All pain clinics now use the electronic patient record and patient notes. It is essential, therefore, that trainees have access to the clinical portal. Without this it will not be possible to see new patients independently in clinic.

Rota

Dr Bridgestock, who compiles the rota, will contact you prior to the module to confirm any on call dates and agree any leave dates. She will also co-ordinate the monthly tutorials and other educational opportunities. A rota will be emailed to you prior to your first week, rota queries should be emailed to painrota@gmail.com

Due to the distribution of pain clinics around Glasgow and the number of trainees attending the clinics at any one time, there is some travelling involved in this rotation.

Timetables are coordinated and corrected for clinic cancellations/avoidance of overcrowding, etc. *As a point of courtesy, it is important that you e-mail or phone in advance to confirm your attendance at the out-of-Glasgow clinics.* If you know in advance that you will be unable to attend a timetabled session for any reason (e.g. leave, post-on call), please let Dr Bridgestock know at the start of your module. If you are unexpectedly unable to attend at short notice, please inform the relevant clinician/secretary. Contact details for all the relevant secretaries and clinicians can be found in "List of Pain Contacts".

Despite our best efforts, sessions are sometimes cancelled at short notice due to leave or oncall. In this circumstance, please take a look at the rota to see where else you may attend for the session.

Educational Opportunities

Part of the educational component of this module includes a monthly tutorial session, usually a half day towards the end of the month. This session will be attended by all trainees. One of the pain consultants will facilitate the session. You are expected to prepare a case presentation, then follow on with a 15-20 minute presentation on a core topic from the case. This can be used as a CBD

Psychology clinics present a unique problem, because of the sensitive nature of consultations. As a general rule, the psychologists are happy for one trainee to sit in on new patient consultations, but not return clinics. To arrange a session please speak to the relevant psychologist directly. It is important you get some exposure to psychology during your module.

Physiotherapy: we run physiotherapy education sessions, clinics and gym sessions. Trainees are welcome to observe these, and this can be scheduled on your rota.

Palliative Care: We endeavour, where possible, to arrange for trainees to attend the Interventional Cancer Pain Service at the Beatson for 1-2 sessions. Additionally, we can arrange sessions in hospice or on palliative care in-patient ward rounds. Please discuss with Dr Owen and Dr Bridgestock.

Spinal Cord Stimulation: The Spinal Cord Stimulation team are based at the New Victoria ACH, and run both a clinic and theatre session on a Thursday morning, followed by MDT. You should be scheduled for sessions with the SCS team routinely.

Other specialty clinics: There are a wide variety of clinics run by other specialities within GGC very much related to Pain Medicine, including headache and trigeminal neuralgia, rheumatology and paediatric pain medicine. If you have particular interests, please discuss with Dr Bridgestock prior to/ early on in your rotation.