

Introduction to Pain Medicine training in the West of Scotland

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Pain Medicine is part of the curriculum for all anaesthetic trainees throughout their training. All trainees must complete basic and intermediate pain medicine training in CT1-ST4. Higher and Advanced training are optional.

All anaesthetic trainees should attend acute pain rounds throughout training. Ideally these should be equivalent to one round each quarter. All pain rounds must be noted in the anaesthetic logbook.

Basic Pain Training is a compulsory area of training during the early stages of the Anaesthetic CCT. The aims are to ensure trainees are competent in the assessment and effective management of acute post-operative and acute non post-operative pain. They should also have the necessary knowledge to provide a basic understanding of the management of chronic pain in adults.

Intermediate Pain Training is another compulsory area of training in the Anaesthetic CCT and aims to build on the competencies gained during Basic Pain Training. The trainees should become fully competent in the assessment and management of acute surgical, non-surgical and acute on chronic pain in most patient groups and in most circumstances. Trainees should have a knowledge of the assessment, management and wider treatment for chronic and cancer pain patients as well as the need for multi-professional input in such cases. Trainees should also be an effective member of the acute pain team. Comprehensive local guidance is available in the “Key Unit in Pain Medicine Handbook”

Please click here for the [Intermediate Training in Pain Medicine leaflet](#) from RCOA.

<https://www.rcoa.ac.uk/sites/default/files/Intermediate%20Pain%20Medicine%20Training%20Leaflet.pdf>

Higher Pain Training is an optional unit essential for all trainees who would like to progress to Advanced Pain Training, undertaken in ST5-7. This optional rotation is 2-3 months long. Trainees should become fully competent in the assessment and management of acute surgical, acute non-surgical and acute on chronic pain in all patients and circumstances. They should have knowledge and skills in the management of chronic and cancer pain and become an effective member of a multi-professional pain management service.

We also offer a higher block in Inpatient Pain Medicine, following the [2019 Faculty of Pain Medicine guidance](#) (<https://www.rcoa.ac.uk/system/files/FPM-HPT-Guidance-Inpatient.pdf>). This 2-3 month optional rotation outlines curriculum learning outcomes for higher pain training for trainees in anaesthesia intending to lead an inpatient pain service, with exposure to outpatient and inpatient pain management sessions, palliative care, regional anaesthesia and peri-operative medicine.

Meetings

The **West Of Scotland Pain Group** meet on the last Wednesday of the month, Oct/ Nov/ Jan/ Feb (buffet included). This is a multi-disciplinary meeting covering a wide variety of topics within pain management.

<https://www.facebook.com/WestOfScotlandPainGroup/>

The North British Pain Association hold meetings twice a year in Edinburgh.

The Scottish Society for Acute Pain hold both an annual scientific meeting and an annual trainee meeting, usually in Glasgow.

<https://www.ssaps.scot.nhs.uk/>

Please visit our local pain website for more resources. www.paindata.org