

ACGME Competencies Project

Overview of Basic PAIN MANAGEMENT

1-16-06

Learning Objectives

1. List at least 3 barriers to adequate pain management (including one that is most relevant to your clinical practice).
2. Define and illustrate the clinical differences between physical dependence, tolerance, addiction, and pseudo-addiction.
3. Understand the 3-Step WHO Guidelines to mild, moderate and severe pain, and give examples of starting doses of medications for each step.
4. Calculate and prescribe proper doses of around-the-clock opioids for chronic pain, and select proper doses and intervals for breakthrough doses; be able perform dose conversions between different opioids and different routes using an equianalgesic table.
5. Name two common side effects of opioids, and illustrate how to anticipate and counteract them.
6. Name two adjuvant treatments recommended for neuropathic pain and two adjuvant treatments recommended for bone pain.

Pain Management

Basic Format

There are 4 main components of this module. Components 1-3 will be available online. Residents must complete all 4 components (reading the material from 1 and 2 and satisfactorily demonstrating competence in 3 and 4 below) to have demonstrated basic competence.

1. Noon Conference

- Pretest of multiple-choice questions (10 min.)
- PowerPoint presentation of basic pain management issues (15 min.)
- Working through calculations in pairs in interaction with presenter (25 min.)

2. Background reading (can be done before or after the Noon Conference)

- Written module adapted from EPEC Module on Pain Management
- Equianalgesic Card

3. Field evaluation on ability to do calculations in actual patient care

- Ability to calculate appropriate doses when changing opioids, and to order an appropriate breakthrough dose as evaluated by supervising resident, attending or palliative care team consultant
- On-line evaluation using *My Evaluations*, or an identical paper version available online

4. Final competency evaluation (available to program on request)

- Post-test and short-answer questions
- Additional questions based on learning objectives
- Additional case-based dose calculations