

Pain Medicine Training in Wales The 2021 Anaesthetic Curriculum

Pain Medicine is a key domain of learning within the Anaesthetic curriculum and there is a wealth of pain training opportunities available across training sites in Wales. This document summarises the key requirements for training at each stage in the 2021 Curriculum. Further details are available on the RCoA website and in the following document:

<https://fpm.ac.uk/sites/fpm/files/documents/2022-12/Guide-to-Pain-%20Medicine-training%20in-the-2021-CurriculumDec-2022-update.pdf>

Key themes:

- The domain of learning for Pain within the Anaesthetic curriculum is divided into 3 stages, with advancing complexity and sophistication. These 3 stages are essential for Anaesthetists in training.
- There are additional Special Interest Areas (SIA) in Acute Inpatient Pain and Pain Medicine.
- Training is outcome-based rather than time-based at all stages in the curriculum. There is no minimum or maximum number of clinical sessions.
- The periods of training are indicative; achieving the key capabilities will require evidence to be obtained through each stage of training.
- A specialty specific designated trainer such as a Faculty Tutor Pain (FTP) or RAPM must be identified to sign the HALO form for each Pain learning outcome stage.
- Evidence should be reviewed from the whole of the stage of training, which may require the FTP to review evidence collected from other Health Boards.
- All HALOs are designed to be kept open until the end of the Stage of training to ensure evidence is accumulated throughout.
- During Stage 2, when the trainee undertakes a dedicated Pain Medicine module, a clear summary document should be generated on their LLP to include the achievements and feedback from pain tutors, before moving to another Health Board. This summary can then be reviewed by the FTP in the next hospital, prior to completion of HALO.

Pain Medicine Specific Domain of Learning:

Domain	Pain
High-level Learning Outcome	Manages pain
Stage 1 Learning Outcome	Recognises, assesses and treats acute pain independently Differentiates between acute and chronic pain
Stage 2 Learning Outcome	Understands the aetiology and management of acute, acute on chronic and chronic pain
Stage 3 Learning	Able to initiate complex pain management for in-patients and to sign-post to appropriate pain management services
Special Interest Area in Acute Inpatient Pain	Managing pain in inpatients (acute pain, acute on chronic pain, chronic pain and cancer pain)
Special Interest Area in Pain Medicine	Provides comprehensive management of patients with acute, acute on chronic, chronic and cancer related pain using physical, pharmacological, interventional and psychological techniques in a multidisciplinary setting

Stage 1

Anaesthetists in training will be exposed to a comprehensive introduction to Pain Medicine reflected in “generalist” anaesthetic practice. There are no minimum or maximum sessions and the HALO sign off will depend on the evidence gathered, with SLEs supporting the achievement of the key capabilities and learning outcome. These capabilities can be achieved largely in anaesthetic and inpatient settings, although a few sessions in outpatient pain medicine settings are recommended. Completion of the HALO should be by the FTP, RAPM or nominated Educational Supervisor.

Stage 1 Key Capabilities

- ☐ Can recognise, examine, assess and manage acute pain in the surgical and non-surgical patient
- ☐ Is able to safely and appropriately prescribe medication for pain management
- ☐ Demonstrates effective communication skills regarding pain management with patients, relatives and carers
- ☐ Demonstrates the basic assessment and management of acute on chronic and chronic pain in adults
- ☐ Describes the concept of biopsychosocial multi-disciplinary pain management
- ☐ 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
- ☐ Demonstrate the safe use of equipment used in pain management

Stage 2

It is recommended that this stage is delivered as a module, with further experience of the multi-disciplinary approach to pain management in a variety of settings. To optimise training opportunities, an indicative number of 10 sessions in outpatient pain medicine plus additional sessions in inpatient settings is the minimum time commitment that trainees should aim for. Trainees are encouraged to complement their clinical training with activities such as online learning and study days. When the trainee undertakes a dedicated Pain Medicine module, a clear summary document should be generated on their LLP to include the achievements and feedback from pain tutors, before moving to another Health Board. This summary can then be reviewed by the FTP (or RAPM) in the next hospital, prior to completion of HALO. This may be done by creating an activity labelled “*Stage 2 Pain Module Summary of Activities inHealth Board*”.

Stage 2 Key Capabilities

- ☐ Utilises a multi-disciplinary approach to the management of complex pain within a biopsychosocial model of care
- ☐ Can confidently manage acute pain in the whole perioperative pathway in a timely manner
- ☐ Is able to assess patients, interpret investigations and initiate management of chronic malignant and non-malignant pain in a timely manner under distant supervision
- ☐ Can assess and manage acute on chronic and chronic in-patient pain in adults and recognise when referral to specialist pain services is appropriate
- ☐ Identify barriers to effective pain management including those related to patient beliefs, society, culture, and healthcare provision
- ☐ Explains the risk factors for persistent post-surgical pain including measures to minimise its occurrence

Stage 3

The aim of Stage 3 training is to allow the trainees to become expert and therefore more independent in all areas of clinical practice, by requiring less consultant guidance and supervision. There are no minimum or maximum sessions for Stage 3 Pain training and the HALO sign off will depend on the evidence gathered throughout the stage. The capabilities can be achieved largely in anaesthetic and inpatient settings, although a few sessions in outpatient pain medicine settings are recommended. Completion of the HALO will be by the FTP or RAPM.

Stage 3 Key Capabilities

- ☐ Applies knowledge and understanding of assessment and management of pain in a multiprofessional context
- ☐ Demonstrates safe effective pharmacological management of acute and procedure pain in all age groups
- ☐ Acts as an effective member of the inpatient pain team
- ☐ Effectively engages with multi-disciplinary primary and secondary pain services and palliative care when necessary
- ☐ Recognises the need for and complications of interventional pain procedures
- ☐ Prescribes appropriately in the perioperative period and recognises the long term implications of not reviewing patient analgesia in the post-operative period following discharge

Completion of a Pain Medicine HALO requires the following evidence:

- Supervised learning events (ACEX, ALMAT, A-QIPAT, CBD, DOPS) to suggest level of supervision
- Personal activities
- Personal reflections
- Multiple trainer report(s) that include trainers in pain medicine.

Special Interest Area in Acute Inpatient Pain

The focus of this SIA is on the management of pain in an inpatient setting. It is anticipated that to achieve the key capabilities for this SIA, an indicative period of 6 months will be required. Experience will need to be gained in managing acute, acute on chronic pain and chronic pain in the acute hospital setting; managing chronic pain in clinics, assessing patients for and performing pain interventions and as part of end-of-life care.

<https://fpm.ac.uk/training-examinations-training-and-curricula/stage-3-sia-advanced-acute-inpatient-pain-training>

Special Interest Area in Pain Medicine

SIA in Pain Medicine training programmes are outcome based with an indicative period of training of 12 months to achieve the key capabilities. As a guidance, allowing for annual leave, study leave, administrative and professional development and on-call commitments, trainees are expected to achieve 4 directly supervised and an average of 6 Pain Medicine clinical sessions per week within a WTE training post.

<https://fpm.ac.uk/training-examinations-training-and-curricula/stage-3-sia-advanced-pain-medicine-training>