

HEPMP LJUBLJANA

March 12-16, 2018

MEETING REPORT



Co-funded by the
Erasmus+ Programme
of the European Union

HEPMP

Higher Education Pain Medicine Project



MEETING REPORT

TRAINING OF EXISTING TEACHING STAFF FROM PARTNER COUNTRIES AT PROGRAMME COUNTRIES

assoc. prof. Maja Šoštarič, MD, PhD

*HEAD, DEPARTMENT OF ANESTHESIOLOGY AND REANIMATOLOGY, FACULTY OF MEDICINE LJUBLJANA
PRESIDENT, SLOVENIAN SOCIETY OF ANESTHESIOLOGY AND INTENSIVE CARE*

INTRODUCTION

University of Ljubljana, Slovenia, organised the meeting as a part of the Erasmus+ programme “Higher Education Pain Medicine Project” (HEPMP). Faculty of Medicine Ljubljana (FML) and University Medical Centre Ljubljana (UMCL) were recognised as partners in this project, able to offer knowledge, quality experience and suggestions for improvement of pain medicine in partner countries from the Western Balkan region, especially in undergraduate education as well as in perioperative and obstetric pain management.

The HEPMP Ljubljana programme consisted of both lectures and physical visits to several sites at UMCL and FML. Clinical departments visited were the Office of outpatient pain management and Clinical department of Obstetrics at UMCL.

As modern medical education methods involve work in simulation centres, visits to two simulation centres (UMCL, FML) were organised during the course of HEPMP. On site, participants further discussed the possibilities of establishing or adapting their own respective education programs for pain management.

CURRICULUM

The **first day** of the meeting was dedicated to the introduction of undergraduate and postgraduate education at FML and to the introduction of the curriculum of the anaesthesiology, reanimatology and intensive care medicine residency in Slovenia.

In the discussion, participants agreed that there is still space to improve education on pain medicine, especially in their respective undergraduate programmes. A plan was made to implement pain medicine as an obligatory and an additional optional subject at partners’ universities.

On the **second day**, participants visited the Office of Outpatient Pain Management (OOPM), which is a part of the Clinical Department of Anaesthesiology and Surgical Intensive Therapy at UMCL. OOPM has been established as an interdisciplinary outpatient management clinic, with cooperation from anaesthesiologists, neurologists, orthopaedists and psychiatrists. It is also the leading institution in the education of specialists from other medical fields who are involved in pain management, such as family medicine practitioners, paediatricians, non-orthopaedic surgeons and others.

In the discussion, everyone agreed that the possibilities for the exchange of experts' opinions will improve with the introduction of a "platform for pain medicine".

The **third day** focused on obstetric pain management, which at UMCL was fully introduced into everyday clinical practice only a few years ago. With a well-planned education and development of protocols for pain management, a steady progress was achieved. The learned experience and advice on how to improve clinical practice for obstetric pain management was presented by a team of two obstetric anaesthesiologists and an obstetrician.

In the discussion session, participants from partners' universities debated the current practice in their own respective countries.

Lectures on the **fourth day** of the meeting were dedicated to the overview of the development of the Acute Pain Management Service (APMS) at UMCL. In contrast to obstetric pain management, acute pain service treatment (mainly pain after surgery) has a long-standing tradition in Ljubljana. The APMS was established 20 years ago as the part of the Clinical Department of Anaesthesiology and Surgical Intensive Therapy. The main task of APMS was and still is to develop programs and protocols for postoperative pain management. For this purpose, special fill-out forms and protocols for the evaluation of management of postoperative pain were introduced. Also, education of hospital staff who is included in postoperative patient care was established, and is continuously being carried out by a group of experts in acute pain management.

At the day's discussion session, a plan for the development of partners' countries acute pain management service was established. It consists of: 1) organisation of courses in partners' countries for the education of surgical staff and 2) an adoption of programme countries' protocols for postoperative pain management by partners' countries healthcare systems.

Participants came to the conclusion that a lot has been done in partners' countries already, however postoperative pain management still is not routinely a part of postoperative treatment of surgical patients. To routinely assess the intensity of pain postoperatively and record it as the "fifth vital sign" is the first step that should be taken in partners' countries.

All participants decided to organise courses to train teachers who would be able to continue the education and establish acute pain management services as a part of their respective anaesthesiology departments. Experts from programme countries are willing to cooperate and transfer their experience.

To conclude: protocols and education programs will be adopted by partners' countries, modified if necessary and introduced into everyday clinical practice.

The **last day** started out with an overview of the Office of Outpatient Pain Management at the Institute of Oncology Ljubljana, but was mainly dedicated to discussions about research and publication on pain management.

In the discussion, all participants agreed that research and publication are also subjects which are important to improve pain management on all levels of healthcare.

CONCLUSIONS

HEPMP Ljubljana conclusions as agreed by participating members:

1. to organise a "teach the teachers" course for postoperative pain management
2. to introduce pain assessment into every day clinical practice as the fifth vital sign
3. to introduce a subject dedicated specifically to pain medicine into undergraduate education programmes at universities
4. to improve obstetric pain management