

# Strengthening Capacities for Higher Education of Pain Medicine in Western Balkan countries – HEPMP

(Jačanje kapaciteta visokog obrazovanja u oblasti  
Medicine bola u zemljama zapadnog Balkana)

Prof. Dr Predrag Stevanovic

Project coordinator

## BISOP 2019

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*



# STRENGTHENING CAPACITIES FOR HIGHER EDUCATION OF PAIN MEDICINE IN WESTERN BALKAN COUNTRIES - HEPMP

[WELCOME ADDRESS](#)

[PROJECT CONSORTIUM](#)

Coordinator of the project is **School of Medicine, University of Belgrade**



- Project consortium are universities from PCs :



**University of Tuzla**  
Bosnia and Herzegovina



- Universities from PgCs:



University of Ljubljana



## Why HEPMP project?

- **low awareness of PM care** amongst the public and health care professionals
- The program of postgraduate subspecialty of PM was accredited in 2013 at UB. So far, 60 postgraduate students were enrolled in it.
- Number of doctors trained for PM *is insufficient.*

# Strategy of the WHO - Health 2020

- The main aim of HEMP project is **to increase quality of education** in PM ***in order to contribute to the improvement of public health care services*** in PCs in line with the strategy of the World Health Organization in 2020 and its Health Priority area 3.
- **Priority area 3. consider strength of people-centred health systems**, public health capacity and emergency preparedness, surveillance and response.
- One of the priorities of the strategy Health 2020 is **improvement of the quality of medical services and continuously adapt to changing patterns of disease.**



# HEPMP aims

- This project aims are supporting the development of Pain medicine service provision in the country by providing qualified trained staff.
- Support will be granted to operationalise the recently established an educational program in the form of pain medicine specialization and the possibility of the development of undergraduate education programs.
- Establish an academic network and improve professional cooperation through opportunities provided by new technologies (Internet, telemedicine, etc.)

# Tasks of the project

- to modernize the existing curriculum PM specialty
- to develop a module of lectures for undergraduate studies of PM
- to develop a web platform for mutual learning and communication for professionals who deal with PM
- to organize courses of PM for doctors in primary health care
- develop written material for LLL (books, brochures, scripts, leaflets, digital material)
- establish an academic network

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# Establishment of Academic Pain Management Network - APMN



# Purpose of the application

- Reduces the number of visits to the doctor (repeated medical examinations)
- Availability of media documents from all areas
- Multiple consultations
- Minimal spending of all resources (money, fuel, papers, time ...)
- It allows for greater and faster availability of doctors of various profiles who deal with pain for all patients



# Project dissemination

Web site of HEPMP:

[www.hepmp.med.bg.ac.rs](http://www.hepmp.med.bg.ac.rs)

Pain Medicine Textbook;  
monograph; script

Promotion of HEPMP  
program events

- Liflet, newsletter, promotional material and media

## Web platform for mutual learning

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

**HEPMP Forum**  
Strengthening Capacities for Higher Education of Pain Medicine in Western Balkan countries – HEPMP

Quick links [FAQ](#) [ACP](#) [MCP](#)

 Notifications Private messages predrag.stevanovic

Board index

It is currently Tue May 07, 2019 5:56 pm Last visit was: Fri May 03, 2019 4:26 am

[Mark forums read](#)

HEPMP PROJECT	TOPICS	POSTS	LAST POST
Project Management	0	0	No posts
Discussions	0	0	No posts

ANATOMY OF PAIN	TOPICS	POSTS	LAST POST
Neurobiology of Pain	0	0	No posts
Anatomy of Pain Pathways	0	0	No posts

THE PHYSIOLOGY OF PAIN	TOPICS	POSTS	LAST POST
Deep, visceral, inflammatory, neuropathic pain	0	0	No posts
Neurophysiology of acute and chronic pain	0	0	No posts
Neurobiology of Pain in Infants and Children, Development of Painful Pathways and Pain Mechanisms	0	0	No posts

ASSESSMENT OF PAIN	TOPICS	POSTS	LAST POST
Assessment of Pain, Clinical Evaluation of Pain, Pain Questionnaires and Pain Scales	0	0	No posts
Pediatric and neonatal scales	0	0	No posts

PAIN MANAGEMENT	TOPICS	POSTS	LAST POST
Pharmacotherapy of Pain	0	0	No posts
Non-Pharmacological Treatment of Pain	0	0	No posts

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

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### ERAS protokol

**Post Reply**
Search this topic...

6 posts • Page 1 of 1

**ERAS protokol**

by [predrag.stevanovic](#) » Thu Apr 25, 2019 8:41 pm

Drage kolege, kako smo danas pričali, može li mi neko od vas reći šta je to i šta obuhvata ERAS protokol?

[predrag.stevanovic](#)  
 Posts: 4  
 Joined: Sat May 12, 2018 11:24 am  
 Contact:

---

**Re: ERAS protokol**

by [Marinyah](#) » Tue Apr 30, 2019 9:09 am

ERAS (Enhanced Recovery After Surgery) protokol predstavlja multimodalni pristup pacijentu u perioperativnom periodu, sa ciljem održavanja preoperativne funkcije organa i organskih sistema, kao i smanjenja odgovora na stres tokom operativnog zahvata i nakon njega. Obuhvata adekvatnu preoperativnu pripremu, tromboprofilaksu, adekvatnu perioperativnu ishranu, balans tečnosti, kupiranje bola, ranu mobilizaciju pacijenta nakon operacije, itd. Ono što mene interesuje je to za koje sve vrste operacija možemo primeniti ovaj protokol, kao i to da li protokol isključuje primenu nekih jakih (opioidnih) analgetika, zbog njihovog neželjenog dejstva na respiratorni sistem, nastanak opstipacije, itd...

[Marinyah](#)  
 Posts: 1  
 Joined: Mon Apr 29, 2019 3:45 pm  
 Contact:

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**Re: ERAS protokol**

by [predrag.stevanovic](#) » Wed May 01, 2019 4:40 pm

Evo u prilogu malo materijala.  
 Sto se tiče opioida ja bih odgovorio ovako: nabrojte mi dobre i loše strane opioida kao analgetika u postop periodu?

[predrag.stevanovic](#)  
 Posts: 4  
 Joined: Sat May 12, 2018 11:24 am  
 Contact:

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**Re: ERAS protokol**

by [predrag.stevanovic](#) » Wed May 01, 2019 6:17 am

ERAS – nesto malo činjenica

[predrag.stevanovic](#)  
 Posts: 4  
 Joined: Sat May 12, 2018 11:24 am  
 Contact:

**ATTACHMENTS**  
[ERAS.pdf](#)  
 (2.83 MIB) Downloaded 2 times



## Learning Materials

### Materials produced through the HEPMP Project

## Bol zastrašujući i gospodar života

- [Pain Terrifying Lord of Life \(in English\)](#)
- [Bol zastrašujući i gospodar života \(na srpskom\)](#)

## Lečenje bola uzrokovanog karcinomom

- [Internet edition](#)
- [Print friendly](#)
- [E-book](#)

### Other useful books and texts about pain

- [Pain – Current Understanding of Assessment, Management and Treatments](#)
- [Priručnik Palijativna medicina](#)
- [Šira Verzija Vodiča Za Dijagnostikovanje i Lečenje Hroničnog Bola Maligne Etiologije](#)
- [Vodič Za Dijagnostikovanje i Lečenje Hroničnog Bola Maligne Etiologije](#)
- [Melzak – Pain Management](#)

## HEPMP NEWSLETTERS

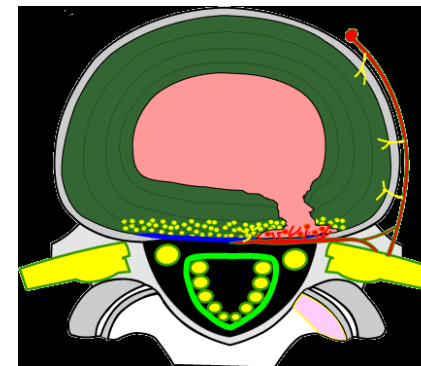
- No. 15: Maj 2019 (srb)
- No. 14: Maj 2019 (srb)
- No. 13: Maj 2019 (srb)
- No. 12: Mart 2019 (srb)
- No. 11: Decembar 2019 (srb)
- No. 10: Februar 2019 (srb)
- No. 09: Januar 2019 (srb)
- No. 8: Decembar 2018 (srb)
- No. 07: Novembar 2018 (srb)
- No. 06: Septembar 2018 (srb)
- No. 05: Jun 2018 (srb)
- No. 04: June 2018 (srb)
- No. 03: Mart 2018 (srb)

# Courses

Training for the two target groups:

I type of courses - for HCWs who work in **primary health care centres** and daily dealing with the management of PM,

II type of courses - **highly specialized training** for the treatment of pain for doctors who work in tertiary institutions.



Medicinski fakultet Univerziteta u Banja Luci, Medicinski fakultet Univerziteta u Rijeci, Medicinski fakultet Univerziteta u Firenci i Medicinski fakultet Univerziteta u Ljubljani.

www. <http://hepmp.med.bg.ac.rs/>  
Mail: [hepmperasmus.ka2@med.bg.ac.rs](mailto:hepmperasmus.ka2@med.bg.ac.rs)

**23. Mart 2019. godine  
od 10.00 sati  
Dom zdravlja  
"Dr Milorad Mika Pavlović" Indija**

- Razlika između nocicepcije i bola
- Razlika između akutnog i hroničnog bola
- Fiziologija ushodnih i nishodnih puteva nociceptivne modulacije u centralnom nervnom sistemu u odnosu na mehanizme delovanja NSAIL
- Neželjena dejstva (uključujući toksičnost) NSAIL

- Farmakoterapija bola, klasifikacija lekova i mehanizam delovanja
- Veština procene akutnog i hroničnog bola
  - Racionalna primena algoritama farmakološkog lečenja hroničnog bola
  - Farmakologija opioida
  - Adjuvantni analgetici

- Neurofiziologija akutnog i hroničnog bola
  - Prevazilaženje opiofobije – upotreba opioidnih analgetika u svakodnevnoj kliničkoj praksi bez straha i predrasuda
  - Kako prepoznati probleme sa kojima se suočavaju preživeli od karcinoma sa peizistentnim bolom

PROGRAM JE AKREDITOVAN ODLUKOM ZDRAVSTVENOG SAVETA BR. 153-02-449/2019-01, EVIDENCIJNI BR. A-1-700/19 SA 12 BODOVA ZA PREDAVAČE I 6 BODOVA ZA UČESNIKE  
Ciljna grupa: lekari, stomatolozi, farmaceuti, biohemičari, medicinske sestre i zdravstveni tehničari  
Rukovodilac programa: Prof. Dr Predrag Stevanović  
Organizator: HEPMP Medicinski fakultet Univerziteta u Beogradu

## AGENDA

09:30	Evidencija učesnika i rešavanje ulaznog testa
10.00	Pozdravna reč - otvaranje seminara <i>Dr Jovo Komazec, Direktor DZ Indija</i>
	<b>Edukacija o bolu u Srbiji i HEPMP</b> <i>Prof. Dr Predrag Stevanović</i>
	<b>Evolucija i poimanje bola (ontološko i fenomenološko lice bola)</b> <i>Prof. Dr Predrag Stevanović</i>
	<b>Neurofiziologija akutnog i hroničnog bola</b> <i>Prof. Dr Dejan Nešić</i>
	<b>Farmakoterapija bola, klasifikacija lekova i mehanizam delovanja</b> <i>Prof. Dr Sonja Vučković</i>
	<b>NSAIL i paracetamol kao najčešći analgetici</b> <i>Prof. Dr Nebojša Lađević</i>
	<b>Farmakologija opioida</b> <i>Doc. Dr Katarina Savić – Vujović</i>
	<b>Adjuvantni analgetici</b> <i>Doc. Dr Dragana Srebro</i>
	<b>Akutni postoperativni bol</b> <i>Prof. Dr Miomir Jović</i>
	Diskusija i rešavanje izlaznog testa
	Dodela sertifikata





# EVENTS



## HEPMP Call for External Quality Expert

### HEPMP CALL FOR EXTERNAL QUALITY EXPERT

The HEPMP project consortium announces the Call for External Expert within the scope of the project Strengthening Capacities for Higher Education of Pain Medicine in Western Balkan countries – HEPMP. Call details as well as skills and competences expected are provided in the Terms of Reference. The call is open until May 20th, 2019. [...]



### FIRST COURSE – PRIMARY HEALTH CARE

Leaflet PAIN Indjija LLL Courses of Pain Medicine in Primary Health Care DRAFT Evaluation questionnaire INDJIJA PRESENTATIONS 01 PAIN Medicine INDJIJA 02 Stevanovic 03 Nestic 04 Vuckovic 05 Ladjevic 06 K. Savic Vujovic 07 Srebro, adjuvant analgesic 08 Jovic Acute pain therapy



### LECTURE FOR STUDENTS

Annex 1 – Agenda of the Anesthesiology program in 9 semester undergraduate studies MF Bg Annex 2 – HEPMP-attendance list of students Annex 3a – CHRONIC PAIN lecture NOV 2018 Annex 3b – CHRONIC PAIN seminar NOV 2018 Annex 4 – HEPMP-Self-evaluation list of trainings for STUDENT on 5th year BU HEPMP-WP2-2.5. Study program implemented [...]



### SASA REPORT

Annex A, HEPMP SASA meeting agenda Annex B, HEPMP SASA Attendance sheet (pdf) Annex D, HEPMP SASA Monograph Pain terrifying Lord of Life (.exe) Pain terrifying Lord of Life (.pdf) Annex-5--HEPMP-Event-report-SANU-SASA





**H E P M P**  
HIGHER EDUCATION PAIN MEDICINE PROJECT

[www.hepmp.med.bg.ac.rs](http://www.hepmp.med.bg.ac.rs)