

EVENT REPORT FORM

Project title	Strengthening Capacities for Higher Education of Pain Medicine in Western Balkan countries
Project acronym	HEPMP
Project reference number	585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP
Coordinator	Faculty of Medicine University of Belgrade
Project start date	October 15, 2017
Project duration	36 months

Event	" Pain Therapy " for students of the Faculty of Medicine Scientifying Writing Workshop.
Type of event	xxxx Educational lectures, Elective classes
Venue	University Hospital, Clinical Center of Serbia Library of Urology Clinic
Date	14.04.2019- 19.04.2019.
Organizer	School of Medicine Belgrade, SePaS
Reporting date	23.05.2019.
Report author(s)	Ivan Palibrk

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EVENT DESCRIPTION

with special reference to goals and outcomes

Number of participants at the event	18 (Prema evidenciji od 19.aprila a evaluaciju je uradilo njih 12)
Participants (organisations)	<i>Students of the Faculty of Medicine</i> (X. semester) Students of fifth year
Event description:	

According to the experience, medical students in their final year have not enough knowledge in acute nor chronic pain therapy, a problem he will often face in their everyday medical practice. It is noted that they have theoretical knowledge in pathophysiology, physiology of pain, pharmacology, surgery, internal medicine ... but there is a gap for the connection between this knowledge and their applicability in everyday work. In just over a year, students of the fifth year of the Faculty of Medicine, University of Belgrade are expected to start working independently in different parts of the country with very diverse challenges.

In order to improve the applicability of their knowledge in the field of acute and chronic pain therapy, this course is designed and organized to refresh the student's knowledge and to highlight the main issues that can be used in everyday medical practice. This is the main goal of this lectures, as a part of elective course which is quite different from regular courses. It is also important to note that this is organized for those students who want additional knowledge in this area.

The program is approved by the Dean of the Faculty of Medicine as one of the elective courses of the Department of Anesthesiology with reanimatology. The experienced lecturers were selected, material prepared, the place selected, and invited participants (students) invited to participate.

Objectives of the course:

- learn (renew):

- pain physiology, pain pathways, neurophysiology of pain, types of pain,
- ways of measuring pain, applying pain scales, pain questionnaires
- importance of measuring pain intensity, emphasis on its multimodality,
- socio-economic consequences of painful conditions, acute and chronic,
- differences between acute and chronic pain,
- differences between nociceptive and neuropathic pain,
- acute pain therapy with examples from everyday practice,
- post-operative pain therapy, neuropathic pain therapy with examples from everyday practice,
- therapy of chronic pain of malignant etiology with examples from everyday practice,

- neuropathic pain therapy with examples from everyday practice,
- pharmacological agents available in pain therapy,
- non-pharmacological agents in pain therapy.

Description of activities

In an interview with the final year students of the Faculty of Medicine, University of Belgrade, it was noted that they would like to have additional classes related to pain and its therapy. They are aware that a large percentage of patients who come to their ambulance will have many symptoms, most of which will be pain-related. The pain of being chronic or acute. They stated that there were some concerns regarding the diagnostic procedures and treatment of pain.

Prof. Dr. Nebojsa Ladjevic has drawn up a program of elective course that is approved by the Faculty of Medicine in Belgrade, and has organized lecturers and classes. Students applied to the Faculty of Medicine in Belgrade.

The elective course are scheduled to run for three days: April 15, 17 and 19, 2019 beginning at 1:00 p.m. After listening to the lectures, students will be divided into groups with mentors and will then have practical work in Ambulance for pain therapy at the Clinical Center of Serbia (for a total of 12 hours). A final exam is scheduled for April 22 and it would take the form of a test. Finally, students will be asked to complete evaluation lists.

On April 15, 2019, classes begin at 1:00 p.m. Prof. Dr. Ladjevic and Clinical Assistant Dr. Velickovic, talked about the basic definition of pain, multimodality of pain, physiology and pathophysiology of pain. They also spoke about the placebo effect, its importance in everyday work and application in research. Students were interested in assessing the intensity of pain, how to measure pain, what scale to apply, what to use in their daily work. All the pros and cons of the pain questionnaire are outlined. It is recommended to use the numerical scale as one of the simplest, most applicable and fastest in daily work, considering the limited time for the examination of patients in the ambulance.

Basics of nociceptive and neuropathic pain, mixed pain, are given. Different types of pain are defined, especially acute and chronic pain. The socioeconomic component of pain is given. Examples for different types of pain and approaches

to their diagnosis and treatment are given.

The students were interested in appropriate approach to diagnosis and therapy of acute pain seen in daily work in a doctor's ambulance. For example, how to treat a patient with renal colic, a patient with an acute abdomen, Is it allowed to give a patient with acute pain an analgesic, when, what medicine, why to give? All of these issues have been thoroughly discussed and clarified. This was very important for the students because they assume that it will mean a lot to their daily work. They had the opportunity to ask questions and get answers that clarified their dilemmas (diagnostic and therapeutic). They also shared their experiences and those of their acquaintances related to pain and pain therapy.

On April 17, 2019, Ass. Prof. Dr. Ivan Palibrk delivered a lecture on the treatment of chronic pain of malignant etiology. This is an extremely important lecture because chronic pain therapy of this etiology has been marginalized in Serbia for many years. The reasons for this, as the lecturer stated, was the long-standing lack of adequate medicines for this type of pain (opioids in the first place), which began to appear in 2004. Then the belief that these patients are impossible to help, and that pain is a normal part of the course of malignancy, the opinion that strong drugs should be left for the end. The percentage of opiophobia in patients, family members and medical staff is incredible. The lecturer also pointed out that pain is only one symptom of pain syndrome. Therefore, doctors and patients should not be surprised that if a patient arrives for pain therapy, he or she will not go away with only one or two analgesics, but with 7 to 8 or more medicines and supplements. There are anti-emetics, anti-epileptics, vitamins, ... Attention has been drawn to future doctors not to expect to resolve the pain themselves (chronic pain of malignant etiology). Multidisciplinary approach and cooperation with physicians of other specialties, as well as with pharmacologists, priests, social services, is required

The lecture also noted that it was important to keep adequate documentation of pain, both by the patient and by the physician. Patients should keep a record of the pain intensity and medical therapy that was used to cope with the pain, while MD should note precise characteristics of pain (intensity, localization, etc.). Also, the need for regular medical controls was emphasized to keep constant contact with patients, their family members, to adjust therapy or to administer new

therapeutic modalities. Various guidelines for pain management were presented during lectures. World Health Organization (WHO) guideline was emphasized as understandable and easily applicable to young doctors.

Additional therapeutic modalities for chronic pain that has cancer etiology were mentioned during lectures. These therapeutic modalities included peridural catheters, various blockages, and radiation therapy.

The subject of the lectures was opiophobia and its etiology. Ways of eliminating opiophobia in patients and their families were discussed as well.

We discussed the evolution of the primary disease and about the evolution of pain that follows the primary disease. Students were made aware that their nociceptive therapy could lose its effect. Pain could change its characteristics and become neuropathic by its etiology.

During this lecture, examples from everyday practice were introduced to our students, who had the freedom to ask additional questions, to discuss the presented cases. In the end, we concluded that there are new therapeutic modalities for chronic pain treatment that had cancer in its etiology and that there is no place for opiophobia in doctors, patients, and their families.

On the same day, TA Suzana Bojić and Ass. Prof. Ivan Palibrke presented a lecture about the diagnosis and treatment of neuropathic pain. Neuropathic pain was not presented as a problem that can be encountered in everyday practice, in a long time. Fortunately, with the development of pain treatment in Serbia during the last couple of years, the development of a more concise diagnostic and therapeutic approach was needed. This lecture presented a definition of neuropathic pain, its etiology, modern diagnostic approaches and more importantly, how to take into consideration the presence of neuropathic pain and how to be sure that it is neuropathic pain. Students were showed how to use the painDETECT questionnaire as an additional measure to diagnose neuropathic pain. Today, there are various drugs for the treatment of neuropathic pain. To evade confusion in GPs, they were given guidelines for neuropathic pain treatment. We also suggested that they should always keep in mind that there can be nociceptive pain present as well and that combined pain treatment can be used as well. Cases from everyday practice were presented and discussion with students was stimulated as well.

Students were showed how to use modern literature, new guidelines for neuropathic pain treatment, and the need for collaboration with neurologists, physical medicine specialists were emphasized.

Prof. Dušica Simić had a presentation about the treatment of postoperative pain in children and adults. Due to the expansion of ambulatory and one-day surgery, GPs should be educated about this problematics. During this lecture, all therapeutic modalities for postoperative pain treatment were presented. Indications and contraindications for all of the drugs were emphasized. After every lecture, students completed evaluation lists. All lectures excelled and were in a range between 4,67 and 4,92. A complete evaluation report is in a separate file. Students were allowed to leave additional comments, but there were none.

After finishing the theoretic part of lectures, students were divided into four groups, each group had one mentor. Every student was obliged to spend 12 hours in Division for pain therapy of the Clinical Center of Serbia. Divison works five days a week between 08 am and 4 pm. This division employs anesthesiologists with a subspecialty in pain management. During our course, most of the patients had the pain of benign etiology. NSAID was mostly prescribed. Several patients had the pain of malignant etiology. Students learned that pain management is not only about prescribing analgesics, but sedatives, antiemetics, etc.

Students visited surgery clinics with their mentor, where they were showed postoperative pain management and use of it in the GP practice.

Test results...

For the students of the final year of Faculty of medicine, it is of great importance to learn and administer the next principles:

- 1- Today there is a pain management therapy that can facilitate pain and increase the quality of life in patients.
- 2- Chronic nociceptive pain of malignant etiology can become neuropathic
- 3- Opiophobia should be treated in doctors, patients, and their families.
- 4- Always evaluate the intensity of pain.
- 5- Patients should visit their doctors regularly.
- 6- Pain is a part of pain syndrome.

- 7- Beginners should use step approach of WHO
- 8- Acute pain should be treated
- 9- Postoperative pain therapy after one-day and ambulatory surgery should be treated by GPs
- 10- Etiology of both nociceptive and neuropathic pain should always be investigated

Evaluation lists noted that student's expectations were fulfilled.

Attachments

Agenda (pdf)	Agenda OPTIONAL TOPIC: " Pain Therapy " for students of the Faculty of Medicine, University of Belgrade (pdf)
Attendance sheet (pdf)	Annex 4 - HEPMP-attendance list (pdf)
Photos (jpg)	
Deliverable (pdf)	Agenda OPTIONAL TOPIC: " Pain Therapy " for students of the Faculty of Medicine, University of Belgrade
Quality control (pdf)	Faculty of Medicine University of Belgrade
Presentations (pdf)	01. Assistant Professor Palibrk. pdf 02. Clinical Assistant Bojić. pdf 03. Clinical Assistant Veličković.pdf 04. Professor dr Simić.pdf
Other personal remarks	

Location, date

23. 05. 2019

Signature

J. Palibrk