

## 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	University of Belgrade
Project start date	October 15, 2017
Project duration	36 months

Event	The second course Acute pain in daily practice - experiences and challenges
Type of event	WP3 (Development of LLL courses and interventional pain medicine courses) 3.4. Delivering of LLL courses of pain medicine in primary health care centers of PCs
Venue	Medical faculty of Podgorica
Date	15.02.2020.
Organizer	Faculty of Medicine University of Montenegro
Reporting date	19.02.2020
Report author(s)	Danko Živković

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

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### EVENT DESCRIPTION with special reference to goals and outcomes

Number of participants at the event	67
Participants (organisations)	Physicians in the primary health care of Montenegro
Event description:	

The main objective was to develop LLL course about acute pain management and deliver it to health care professionals in Primary health care centers in Montenegro After development of the training material, selection of trainees, and accreditation of the course by The Chamber of Doctors in Montenegro , the course was held for the purpose to give basic education regarding PAIN management.

### **Objectives of the course:**

- This course presents some chapters (most often) in acute pain
- Through the first lecture, attendees were introduced to the treatment of mild and moderate acute pain and the most common dilemmas of primary care physicians
- Those present were familiar with the management of acute pain in surgical practice
- Through a lecture on the pathophysiology of pain, attendees were introduced to the transmission of pain signals and the treatment of postoperative pain.
- The lecture by an eminent cardiologist was dedicated to the presentation of acute chest pain as well as leading signs for acute coronary syndrome
- One of the most common acute pain in the primary care ambulance - an acute headache - was presented through an exhaustive lecture with many picturesque practical examples
- The final session of the course was dedicated to low back pain with all the necessary therapeutic approaches, to bring the patient back to daily practice as soon as possible

### **Description of activities**

This seminar was organized by the HEPMP team from Montenegro. Due to the weather conditions (winter conditions) at the team meeting, it was decided that the most appropriate venue for the meeting was Podgorica ie Faculty of Medicine.

In the preparation of the project, equipment purchased from the project funds was used. A suitable flyer, entrance and exit test as well as a certificate accredited by the Medical Chamber of Montenegro have been prepared for this seminar. (accreditation has been added to the PDF attached) Educational event was accredited as a first category seminar with the highest number of CME points (8+4). The accreditation notice is posed by mail, the pdf version

of which is enclosed with this document. A flyer was prepared in which a program of events was presented, as well as a decision on accreditation. Information on seminars was also published on the website of the Faculty of Medicine - Montenegro.

The seminar started at 9 am with the registration of participants. Each participant received a flyer with a seminar program, an entrance test, and a completed attendance list. In the beginning, the dean of science held a salute instead of the dean of the School of Medicine. She emphasized the importance of holding this seminar. The Coordinator for Montenegro speaks about the HEPMP project, its tasks and goals. In his statement he outlined all the benefits that the project brings, as well as the commitments the University of Montenegro has made in the realization of this project

(1)

- The first lecture, ie the introductory words, was devoted to acute pain as a 5 vital sign. The causes of the most common mistakes of our doctors in primary protection on recognition and inappropriate treatment of acute mild and moderate pain are explained. The reasons for the lack of knowledge of doctors about the need for treatment of acute pain and the consequences of non-treatment, lack of written treatment protocols, measuring and disregarding the intensity of pain reported by the patient..

Particular emphasis is given to the length of therapy. Acute pain therapy should continue until a cause is identified and appropriate causal treatment is applied or the problem is resolved otherwise. Finally, the lecturer emphasized - Non-opioid analgesics - the basis for the treatment of mild and moderately severe acute pain in the family doctor's office. They have the effect of inhibiting the synthesis of prostaglandin by blocking cyclooxygenase (COX). They can be applied on all steps of the pain scale. Used with opioids have a synergistic effect.

(2)

- The following lecture was devoted to acute pain in surgical practice. The lecturer took us through an interesting presentation that included - history, pathophysiology of pain.

Through picturesque representations from surgeries, the lecturer succeeded to keep the listeners' attention. Through the interactive approach, the most common causes of acute pain in surgical practice, the method of diagnosis, treatment and the most common complications that occur are addressed. The lecturer effectively wrapped up his lecture and gave some very good advice for primary care physicians.

(3)

- Through this lecture, a member of the project team introduced us to all the important pathways of transmitting pain signals. Through a picturesque and semantically very effective presentation, the ways and places of processing of painful stimuli are explained. In the second part of his presentation, the lecturer spoke enthusiastically about postoperative pain, the way he was treated and the remedies.

After these three lectures, an active discussion followed, with lecturers and primary care physicians participating. During the break and with the catering provided for this occasion by the pharmaceutical company Sandos AD, Podgorica, the attending physicians took the opportunity to exchange their thoughts with the distinguished professors of the Faculty of Medicine in Podgorica.

Seminar work continued at 12 h with the second part of the planned program.

(4)

- Lecture on the topic - Differential diagnosis of acute chest pain, held by an eminent cardiologist. Through lectures with numerous pictures, ECG records and the most common problem of acute coronary syndrome, the listeners had the opportunity to become familiar with both the diagnosis and the therapy. As it is a very common problem in primary practice, this presentation has made it possible to get closer and get to know the problem better.

(5)

- The most important acute headache in clinical practice is migraine (due to high prevalence), followed by cluster headache (one of the most severe pain that can be experienced) and subarachnoid hemorrhage (due to the high disability it leaves behind). Other major causes of acute headaches include headache in infectious CNS (meningitis, encephalitis) diseases, after trauma, in glaucoma attacks.
- Through the clinical presentation, the lecturer has thoroughly described the picture of an acute headache. in the head". Initially, the pain is diffuse and later more pronounced in the cervical-occipital region due to the presence of blood in the subarachnoid space and the onset of aseptic meningitis.

Disturbance of state of consciousness (increase of IKP).Meningeal signs (aseptic meningitis).Focal Neurological Disorders (10-15%).Other symptoms and signs (nausea, vomiting, photophobia)

(6)

- In the final lecture, the project coordinator from Montenegro gave an interesting lecture on acute back pain. He explained this very common problem in primary care clinics from a special angle from a clinical physician.

Those present were familiar with the anatomical structures of the spinal column, mechanism of pain in acute discopathy. Epidemiological data are also presented, with particular emphasis on the economic costs of this disease. In the final part - the therapeutic approaches are presented and which medicines are used in the treatment of low back pain.

The seminar ended with a discussion with the lecturers and completion of the exit test. The certificates awarded by the Montenegrin Chamber of Commerce were distributed to all present. The listeners received 4 CME points while the lecturers received 8 CME points.

### **And instead of the end**

- There were 67 listeners, mostly selected adult doctors from health centers, clinical doctors, family medicine specialists and internal medicine specialists.
- The entrance and exit tests were identical and the test contained 12 questions pertaining to the diagnosis and treatment of acute pain. Listeners were asked to encrypt their questionnaires so that an individual shift in the number of points could be monitored. The questions were designed to reflect the content of the course.
- The entrance test was completed by 33 participants. They averaged 6.55 points (ranging from 2-10).
- The exit test was completed by 30 participants. They averaged 9.10 points (ranging from 7 to 12).
- Individual shifts in the number of points could be observed in 30 participants, who wrote identical codes on both questionnaires. The average score increased by 32.69 (ranging from 0 to 5).
- The survey (taken from the HEPMP Event Reporting Policy) was completed by 30 participants. Predicted grades were from 1 to 5. The average course grade was 4.67.
- The best was "Logistic preparation and organization of the meeting" with an average score of 4.83, and the worst was "Engaging participants in activities and discussions" with 7.18, which is an even significant shift from the evaluation of the same element in the first course, which was only 3.6. In the meantime, we appreciated the participants' comments and suggestions and sought to improve the quality of the course in this way as well.

<https://www.ucg.ac.me/objava/blog/1283/objava/63967-drugi-strucni-skup-u-okviru-erasmus-projekta-hepmp>

## Attachments

Agenda (pdf)	Acute pain in daily practice - experiences and challenges
Attendance sheet (pdf)	67
Photos (jpg)	10
News form (pdf)	Title Accreditation by The Chamber of doctors in Montenegro (pdf); Annex 6-HEPMP-Event evaluation list; Output test
Deliverable (pdf)	www
Presentations (pdf)	<p>01. HEPMP Project., Prof. dr D. Živković, University of Montenegro, pdf</p> <p>02. Treatment of acute mild and moderate pain - Prof. dr Lj. Cvejanov Kezunović, University of Montenegro, pdf</p> <p>03. Acute pain in everyday surgical practice - experiences and challenges - Prof. dr. dr M. Radunović, University of Montenegro, pdf</p> <p>04. Pathophysiology and treatment of postoperative pain - Prof. Dr. Ljubica Pejakov, University of Montenegro, pdf</p> <p>05. Differential diagnosis of acute chest pain - Prof. Prof. Dr. A. Bosković, University of Montenegro, pdf</p> <p>06. Acute headache, differential diagnosis and treatment - Dr. N. Milacic, University of Montenegro, pdf</p> <p>07. Acute lumbar pain, diagnosis and treatment - Prof. Dr. D. Živković, University of Montenegro, pdf</p>

<b>Other personal remarks</b>	

### Organisation details

<b>Invitation sent to</b>	Health centers of Montenegro
<b>Date of event material release</b>	10.01.2020
<b>Date of participants list's finalisation</b>	10.02.2020
<b>Date of agenda finalisation</b>	10.02.2020
<b>Number of participants (according to the participants list)</b>	67
<b>Comments</b>	

### Problems encountered during the event preparation phase

Please add your comments, if any:
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**Strengths and limitations of the event** (please include comments received)

<p><b>Strengths of the event and contributions or activities by participants</b></p>	<p>The seminar, organized with professors of the University of Montenegro, covered selected chapters from acute pain. The lectures covered the most common chapters of pain, their diagnosis, dilemmas in therapy and therapy. Through the active discussion, the attending physicians exchanged their thoughts</p>
<p><b>Suggestions for the improvement</b></p>	<p>In this seminar the error from the previous one is corrected. the listeners had sufficient time to clarify their ambiguities through discussion</p>
<p><b>Any further comments</b></p>	

## Evaluation details

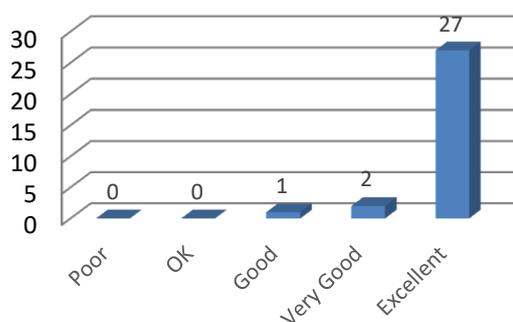
### Results of evaluation of the general organisation of the event

#### Description

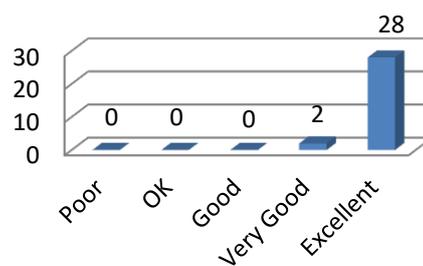
The participants highly rated the choice of educational topics, the content of the education program, the method used, the duration and organization of the education

#### Table(s)/Figure(s)

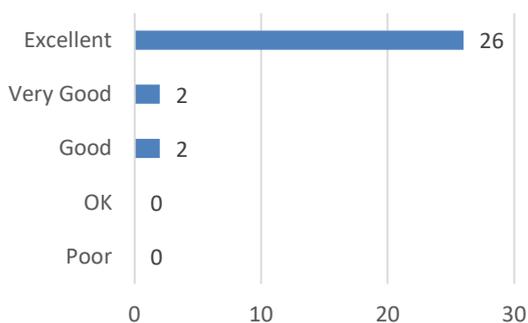
##### Relevance of the topic



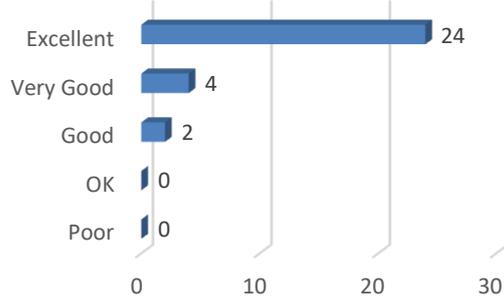
##### Usefulness of the acquired knowledge



##### Rating organization



##### Rating of working conditions



### Results of evaluation of general working communication

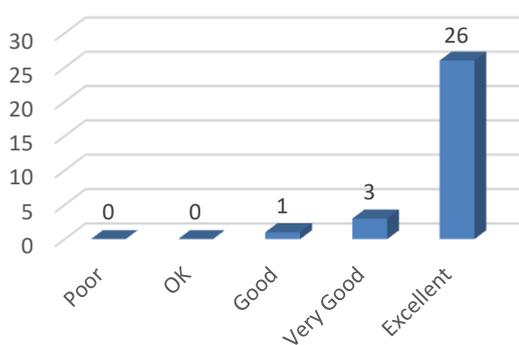
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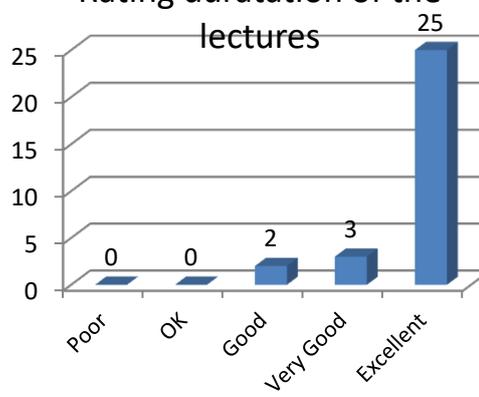
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#### Table(s)/Figure(s)

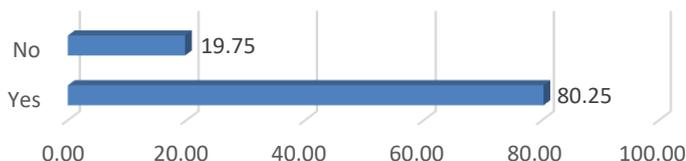
Rating of the methodology of working with participants

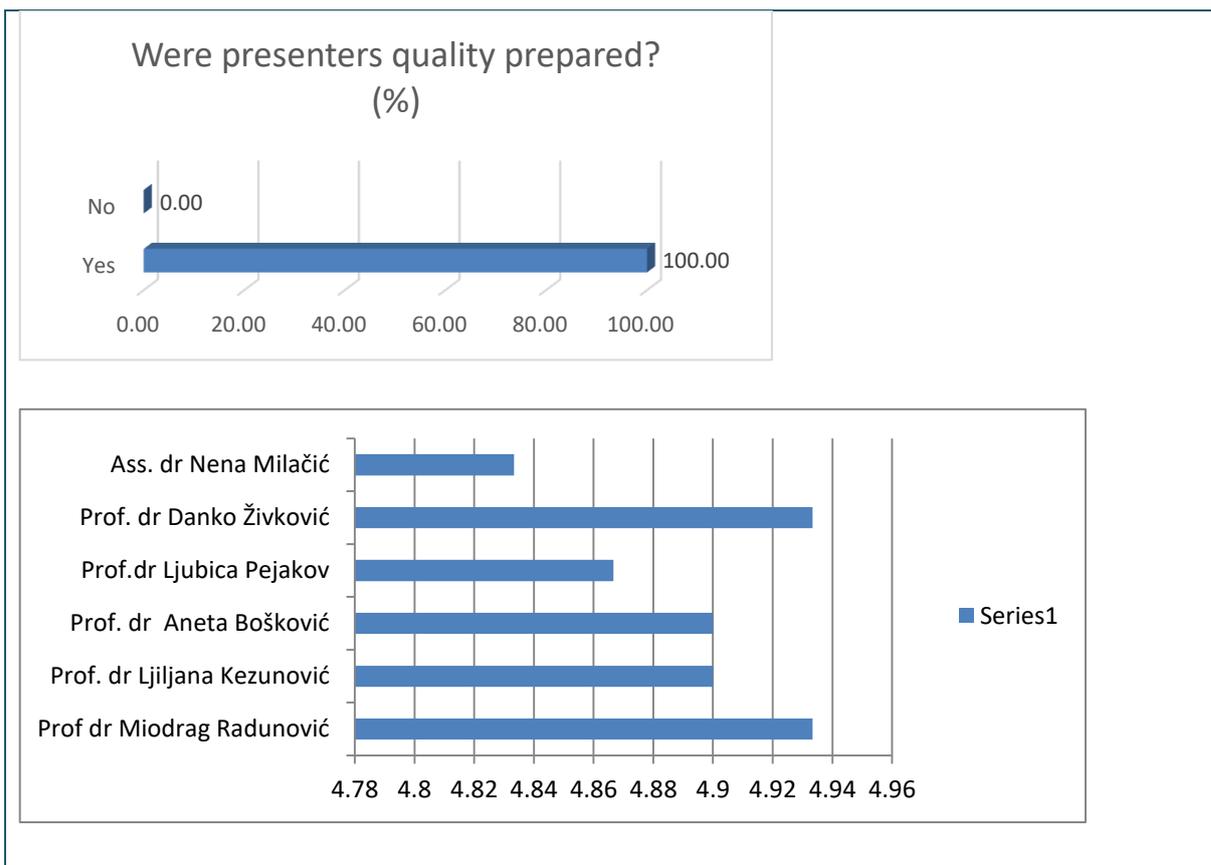


Rating duration of the lectures



Was active participation of participants enable (%)





**Results of evaluation of overall success of the event**

Description												
The survey (taken from the HEPMP Event Reporting Policy) was completed by 30 participants. Predicted grades were from 1 to 5. The average course grade was 4.67.												
Table(s)/Figure(s)												
<p><b>The overall rating training</b></p> <table border="1"> <thead> <tr> <th>Rating</th> <th>Percentage (%)</th> </tr> </thead> <tbody> <tr> <td>Poor</td> <td>20.00</td> </tr> <tr> <td>OK</td> <td>0.00</td> </tr> <tr> <td>Good</td> <td>0.00</td> </tr> <tr> <td>Very Good</td> <td>10.00</td> </tr> <tr> <td>Excellent</td> <td>70.00</td> </tr> </tbody> </table>	Rating	Percentage (%)	Poor	20.00	OK	0.00	Good	0.00	Very Good	10.00	Excellent	70.00
Rating	Percentage (%)											
Poor	20.00											
OK	0.00											
Good	0.00											
Very Good	10.00											
Excellent	70.00											

Please indicate your suggestions for further event's improvement:

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Location, date

Podgorica 19.02.2020.

Signature

