Essential pain management (EPM) workshop.

Phnom Penh, Cambodia

20 – 22 November 2015.

Executive summary

Globally pain (of all types) is often an unrecognised and inadequately treated problem.

Fortunately many effective pain management strategies are “low tech” and cheap and can offer significant improvements to an individual’s quality of life.

The Essential Pain Management (EPM) workshop has been developed:
- To improve knowledge about pain.
- To provide a simple framework for treating pain.
- To address pain management barriers.

We ran a three day EPM workshop in Phnom Penh, Cambodia between the 20 and 22 November 2015. On Day 1 we trained a total of 29 participants from in and around Phnom Penh. On Day 2 we ran an EPM trainers workshop for 20 participants. On day three the new instructors trained a further 24 participants.

Key recommendations:
- Liaise with the International Association for the Study Pain and the Phnom Penh University of Health Sciences to consider EPM Lite for undergraduates.
- To run further EPM workshops in Phnom Penh City for all health care workers.
- Complete the translation of EPM materials into Khmer.

Background
Cambodia, officially known as the Kingdom of Cambodia is a country located in the southern portion of the Indochina Peninsular in South East Asia. It is bordered by Thailand to the northwest, Laos to the northeast and Vietnam to the east. The Gulf of Thailand lies to the southwest. With a population of over 15,000,000 Cambodia is the 70th most populous country in the world. The official religion is Thearavada Buddhism. The capital and largest city is Phnom Penh and is the political, economic and cultural centre of Cambodia. The Kingdom is a constitutional monarchy under Norodom Sihamoni. The Head of Government is Hun Sen who is currently the longest serving non royal leader in South East Asia and has ruled Cambodia for over 25 years. The country faces numerous challenges and socio-political issues including widespread poverty. Per capita income remains low however Cambodia is one of the fastest growing economies in Asia with growth averaging six percent over the last decade.
We had previously made contact at the IASP Pain Camp in Manila in March 2015 with Dr Cham Nan who practices in palliative medicine and two physiotherapists, Chantheng and Seiha. These colleagues were extremely helpful in facilitating the EPM Program in Phnom Penh.

**Course dates**

The three day EPM course was held on Friday the 20, Saturday the 21 and Sunday 22 November at various sites throughout downtown Phnom Penh.

Course instructors:

Dr Roger Goucke, pain physician, Sir Charles Gairdner Hospital, Perth
Dr Mary Cardoza, pain physician, Kuala Lumpur.
Dr Husni Tanra, Pain physician Makassar Indonesia

Also in attendance were Dr Troels Jensen, previous President of IASP and South East Asian liaison person for the IASP and Mr Jonathon Kruger, Director of policy at ANZCA and also a physiotherapist.

We were very fortunate in having a number of nurses, physiotherapists and doctors who could speak good English and helped as interpreters.

**Course participants** – see separate list in Appendix One.

Day one 20 November 2015 EPM Course 29 participants registered.
Day two 21 November 2015 Trainer Instructor Workshop 20 participants registered.
Day three 22 November 2015 EPM Course delivered by local trainers 24 participants registered.

**Venue and catering.**

The workshops were held in two upstairs conference rooms in local restaurants. This was very satisfactory as the restaurants were able to provide catering for the participants.

The EPM workshops were sponsored by a local pharmaceutical company and a life insurance company. The teaching materials were partially translated in to Khmer prior to the program however English slides and manuals were used.
Test results.

Course participants completed a 25 question pre and post test at the beginning and end of the workshop to assess learning during the day. The results only show those participants who completed a pre and a post test.

Pre post Test Day one

![Bar chart showing mean pre and mean post test scores for Cambodia 20.11.15 (N=13)](chart1)

Pre post test day 1

![Bar chart showing improvement for Cambodia 20.11.15](chart2)
Pre post test Day 3

Cambodia 22.11.15 (N=16)

Mean Pre: 17.31
Mean Post: 17.06

Number of correct answers (N=25)

Improvement Cambodia 22.11.15

15 7 8 9 5 12 6 13 1 2 3 10 11 14 4 16

0 1 2 3 4 5 6 7 8 9 10 11 12

0 -2 -4 -6
The results for Day 3 are disappointing and perhaps relate to the wide variety of participants from medical nursing, allied health and social work. The Day 3 program strayed from the formal Agenda and perhaps the training on Day 2 was not optimal.

These results will be a good benchmark to improve on when the next EPM program visits Phnom Penh.

Feedback.

Participants completed a feedback form at the end of each course. Overall feedback was very positive. Themes which emerged were:
Opportunities afforded in Phnom Penh.

We were fortunate in being able to make contact with the Dean of the Medical School and the Rector of the University of Health Sciences. Discussion occurred between them and IASP as to how further education in pain management could be delivered in Phnom Penh through collaboration between the International Association for the Study of Pain (IASP) and the University which is the largest Medical and Health Sciences University in Cambodia.

Also at Phnom Penh during this week Dr Suzi Nou FANZCA was running (and has run on a number of previous years), up skilling workshops for anaesthesia providers (medical and nursing) as well as ICU, Emergency staff and the occasional surgeon. Some colleagues of Dr Nou were able to attend the EPM programs. It is possible that discussions with this group and the University and EPM could provide joint learning opportunities for both undergraduate students at the University of Health Sciences and nurse anaesthetists.

Recommendations

1. Explore further relationships between University of Health Sciences, IASP and EPM.
2. Run further courses in Phnom Penh for undergraduates and postgraduates.
3. Complete the translation of EPM materials into Khmer.

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Dr Roger Goucke
Dr Mary Cardosa
Dr Husni Tanra
New Instructors

Group discussion

Volunteering to teach!