ESSENTIAL PAIN MANAGEMENT (EPM) WORKSHOPS
Royal College of Anaesthetists Thailand and Boromarajonani College of Nursing, Sawanpracharak, Nakhonsawan

22 – 28 August 2015

Executive Summary

- Globally, pain (of all types) is often an unrecognized 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 two EPM Workshops Thailand.
  - The first workshop EPM Lite was run in association with the Annual Scientific Meeting of the Royal College of Anaesthetists of Thailand (RCAT) in Bangkok and was attended by XX nurse anaesthetists some of whom attended an instructor workshop in the afternoon.
  - The second workshop was run in Nakhonsawan at a college of nursing where EPM has previously been taught. Here a full day EPM program for 26 participants and an instructor workshop for 8 was held.

- Recommendations:
  - Work with the Nurse Directors in Nakhonsawan to evaluate the efficacy of previous EPM programs from both an instructor and participant perspective
  - Continue to run EPM workshops in regional areas of Thailand
  - Continue to develop links with Thai medical practitioners in both RCAT and the Thai Association for the Study of Pain (TASP)
  - Plan for support materials for instructors
  - Approach the Thai nursing council about the feasibility of using EPM Lite in the Thai nursing undergraduate program
  - Consider using EPM as part of a Palliative care pilot program in rural/regional Thailand

Background

Thailand, formerly known as Siam is located at the centre of the Indochina peninsula in Southeast Asia. It is bordered to the north by Burma and Laos, to the east by Laos and Cambodia, to the south by the Gulf of Thailand and Malaysia, and to the west by the Andaman Sea and the southern extremity of Burma. Its maritime boundaries include Vietnam in the Gulf of Thailand to the southeast, and Indonesia and India in the Andaman Sea to the southwest.
The country is a constitutional monarchy, headed by King Rama IX, the ninth king of the House of Chakri, who, having reigned since 1946, is the world's longest-serving head of state and the longest-reigning monarch in history. The king of Thailand is titled Head of State, Head of the Armed Forces, the Upholder of the Buddhist religion, and the Defender of all Faiths.

Thailand is the world's 51st-largest country in terms of total area, with an area of approximately 513,000 km² (198,000 sq mi), and is the 20th-most-populous country, with around 64 million people. The capital and largest city is Bangkok, which is Thailand's political, commercial, industrial and cultural hub. About 75% of the population is ethnically Thai, 14% is of Chinese origin, and 3% is ethnically Malay; the rest belong to minority groups including Mons, Khmers and various hill tribes. The country's official language is Thai. The primary religion is Buddhism, which is practiced by around 95% of the population.

Thailand experienced rapid economic growth between 1985 and 1996, and is presently a newly industrialized country and a major exporter. Tourism also contributes significantly to the Thai economy. There are approximately 2.2 million legal and illegal migrants in Thailand, and the country has also attracted a number of expatriates from developed countries.

EPM developed in 2010 has been delivered in Thailand three times previously: 2012 Nakhonsawan, 2013 Chiangmai, Bangkok, Songkhla, Nakhonsawan, 2014 Chonburi and Nakhonsawan. This visit was to reinforce the instructor course and commence discussions on support for previous instructors and review progress of the EPM program in Thailand.

Course Dates

We ran two EPM Workshops (one Lite and one standard) and two EPM Instructor workshops. Workshop 1 was on 22nd August 2015 in association with RCAT at their Annual Scientific Meeting it was held at a hotel in central Bangkok. The EPM Lite was followed in the afternoon by an instructor workshop. The second workshop was held at Nakhonsawan on 27th and 28th August 2015. It consisted of a standard EPM and an instructor workshop the next day.

Instructors

Dr Roger Goucke Perth Australia
Dr Angela Enright Victoria Canada
Dr Srisuda Ngamkham, PhD, RN Nakhonsawan Thailand
Dr Pramate Euasobhon Bangkok Thailand

Course Participants

Workshop 1: 11 participants (Nurse Anaesthetists)

Workshop 2: 34 participants (Nurses regional Thailand)
**Venue and Catering**

The RCAT workshops were held in the Montien Riverside Hotel Bangkok there were good conference style facilities and refreshments provide by the RCAT conference organisers through the hotel.

The College of Nursing in Nakhonsawan was very familiar to the overseas instructors with excellent facilities and catering.

**Teaching Materials**

The standard and Lite EPM Workshop slides were used. Manuals were printed in Thailand. The EPM material had previously been translated into Thai and the Thai language manuals were used. The slides were presented in English and translated and discussed in Thai by Dr Pramote for workshop one and Dr Srisuda Ngamkham, PhD, RN during workshop two.

**Test Results**

Course participants completed a 25-question test at the beginning and end of the workshop to assess learning during the day.

**Nurse Anaesthetists RCAT**

Scores improved significantly – the mean pre-course test score was 26 and the mean post-course test score was 35.
Regional Nurses Nakhonsawan

EPM Nakhonsawon 2015

Improvement EPM Nakhonsawon 2015
Feedback

The responses were written in Thai and reviewed by Dr Pramote the pain program director at Siri Raj Hospital. He reports that most of participants felt the course was very useful and applicable, giving them more understanding about pain assessment and management. They also regretted that they could not attend all of the afternoon session due to misunderstanding that the course finished at 3pm. Some of them would like to attend the full two-and-a-half-day course.

Participants completed a feedback form at the end of each course. Overall, feedback was very positive. Many participants felt that using the RAT approach would make them more confident and able to assess and treat pain.

Examples of participant feedback:

- “Case discussions were very helpful”
- “Needs more discussion from the participants”
- “More time to be spent on the drug treatments, please”
- “Now I don’t fear charting regular opioids”
- “Need to have more manuals and tables”
- “Needs more breaks between talks”

Success and Relevance of Workshops

The workshops were again successful and interactive. We ran two one-day EPM Workshops and trained 38 people. 15 attendees completed the half day instructor workshop.

The RAT approach to managing pain provided a simple framework for managing a variety of pain problems. A number of participants commented that they found this approach useful and were more confident to diagnose and treat pain. Initially participants were reluctant to contribute to discussions, but this was much better when local instructors were leading the discussion. Participants identified barriers to effective pain management, and have identified some solutions that could be implemented easily, as well as longer-term issues such as low staffing levels.

The course is cheap to run and emphasises low cost management strategies – quality of life can often be markedly improved by very simple treatments.

Recommendations

1. Continue to engage with RCAT and the TASP to find more medical pain champions

2. Explore the opportunities to use EPM Lite in the medical and nursing undergraduate curriculum
3. Design a locally relevant educational tool to assess the impact of 4 sequential EPM programs in Thailand.

4. Consider collaborating with the Nakonsawan nursing colleagues in a Pilot project including Pain management in a regional/rural Palliative Care program

Acknowledgements

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10 October 2015

EPM Bangkok Participants

EPM Bangkok instructors
EPM Nakhonsawan Participants

EPM Nakhonsawan instructors