ESSENTIAL PAIN MANAGEMENT (EPM) WORKSHOPS
PORT MORESBY, PNG.
29th FEBRUARY 1st, and 2nd MARCH 2016

Executive Summary

1. What is the problem?

Pain is an unrecognized and inadequately treated problem. Papua New Guinea, like many developing regions, has ongoing problems with staff shortages, an unreliable supply of drugs, limited educational opportunities and cultural differences which can make pain management problematic.

2. What did we do?

The first ever Essential Pain Management workshop was held in PNG in 2010. The local champions requested that we return to teach another EPM full day course and then train the local doctors to teach EPM Lite to the medical students in Port Moresby.

During this visit we discussed the future of EPM with the local clinical staff and the Dean of the medical school.

We were accompanied on this trip by a videographer from New York who filmed our sessions and interviewed the local staff. She will edit the material to make a number of educational and informative videos.

In total, we trained the following:
- EPM Workshop 29th February: 32 staff
- EPM Instructors Workshop 1st March: 13 staff
- EPM Lite workshop 2nd March: Group 1 19 Students
- Group 2 23 students

3. What happens next?

The local champions in PNG are keen to continue teaching EPM throughout PNG and to the medical students in Port Moresby. It is proposed that EPM Lite should be embedded into the UPNG medical undergraduate curriculum and possibly into the nursing undergraduate curriculum.

4. What help will be needed?

On-going support is required for the local healthcare staff in PNG. This help will most likely be in the form of on-going, education, development planning for services, sharing of protocols/guidelines and policies etc. We are keen to support these local clinical leaders in a way that will be most helpful to them.
Background

PNG has an estimated population of 7 million people. The capital, Port Moresby, has a population of about 400,000 and is three hours flight north of Brisbane. Of PNG’s population only 18% live in urban areas. Despite the recent resource boom, per capita income is estimated at $2300 with many health care centers and professionals working in challenging environments.

The University of PNG Medical School is based in Port Moresby. Postgraduate specialist medical training is offered for Anaesthesia, Emergency Medicine, General Medicine, Obstetrics and Gynaecology, Paediatrics, Surgery, and a number of other specialties. Port Moresby General Hospital (PMGH) is a large busy hospital providing a wide range of speciality care. Angau Memorial General Hospital (AMGH) in Lae has been designated a cancer referral centre and has an oncology unit providing radiotherapy and chemotherapy treatment. The commonest cancers are uterine cervical cancer, oral / head and neck and breast cancers. There is little good data about the prevalence of pain in developing countries, however WHO figures note that 80% of new cases of cancer occur in low and middle income countries. It is estimated that PNG has about 15,000 new cases per year and 10,000 deaths and we know from Australian data that at least 75% of patients with cancer experience moderate to severe pain during the course of their illness.

The first EPM programs were run and developed in PNG in 2010 and have been run by Dr Marun and her colleagues regularly since then. This invitation to return to Port Moresby and run a further instructors course and to introduce EPM Lite for undergraduates was very timely in the history of EPM.

Local Organisers

A big thank you to Dr Gertrude Marun and Dr Nora Dai for being such a great support for this trip. Many thanks to Dr Pauline Wake and Dr Elizabeth Inaido-Lee lecturers at UPNG. Thank you also to Professor Nakapi Tefuarani, Executive Dean, School of Medicine and Health Sciences and Professor John Vince for giving us the opportunity to teach EPM Lite to their medical undergraduates.

EPM Workshop: 29th February 2016 (Participants - See Appendix 1)

Venue, Catering and Teaching Materials

The workshop was held partly in the Library IT Lab and then moved to the Main Lecture Theatre in the Medical School campus.

The Workshop Manuals were printed in New Zealand and brought to PNG. The rest of the materials were either provided by the overseas instructors or by the School of Medicine, PNG.

Participants were from Port Moresby General Hospital and included medical and nursing staff from Anaesthesia and ICU, Emergency Medicine, Surgery and Obstetrics and Gynaecology.

The catering was jointly funded by the PNG Society of Anaesthetists (approved by president Dr Nora Dai) and ANZCA.
Assessment

The “pre and post” EPM test, which has a possible mark out of 50, was completed by the participants and the results where paired questionnaires were available are shown in Appendix 2

Feedback

Was universally positive. Responses are shown in Appendix 3

EPM Instructor’s Workshop 1st March 2016 (see photo below)

Venue, Catering and Teaching Materials

The Workshop Manuals were kindly printed by the National Department of Health and organised by Dr Duncan Dobunaba. The rest of the materials were either provided by the overseas instructors or by the School of Medicine.

The workshop was held in the Main Lecture Theatre in the Medical School campus.

Participants were from Port Moresby General Hospital who attended the full EPM Workshop the day before.

The catering was again jointly funded by the PNG Society of Anaesthetists (approved by president Dr Nora Dai) and ANZCA.

EPM Lite Workshop: Faculty of Medicine, School of Medicine and Health Sciences, The University of PNG 2nd March 2016

EPM Lite Workshop

This is a half day workshop which has been developed specifically for undergraduates. It has been piloted in a number of places around the world including Auckland, India, Fiji, Samoa and the UK. This was the first EPM Lite to be held in PNG. The participants of this workshop were medical students from Year 3. In this year, the medical students start to do clinical work and see patients.

There are around 50 students in the year and we ran two concurrent workshops.

Venue and Teaching Materials

The workshops were held concurrently using the new local EPM instructors. One group was in the Physiology Tutorial room and the second group in the Main Lecture Theatre in the Medical School campus.
The Workshop Manuals were kindly printed by the National Department of Health and organised by Dr Duncan Dobunaba. The rest of the materials were either provided by the overseas instructors or by the School of Medicine.

The catering was jointly funded by the PNG Society of Anaesthetists (approved by president Dr Nora Dai) and ANZCA.

Assessment

The “pre and post” EPM Lite test, which has a possible mark out of 50, was completed by the participants and the results are shown in the graphs below (Appendix 4 and 4A). Many questions were asked by the participants and there were lively discussions particularly about placebo, addiction and the many different non-drug and drug treatments for pain.

Feedback

Excellent feedback was given after the workshop which was greatly enjoyed by the students (summarised in appendix 5).

Visit Summary

This was a successful trip in the fact that relationships with the local champions are strong. There is enthusiasm and commitment to introduce EPM Lite into the medical undergraduate curriculum.

An important part of EPM is early handover of teaching to local instructors which relies on identification of ‘local champions’. This appears to be happening in PNG.

Recommendations

1. **EPM Workshops**
   There is an increasing number of staff in PNG who have attended EPM workshops. It will be important to support the local champions, particularly Dr Gertrude Marun and the newly trained instructors, to continue running the workshops.

2. **Run EPM Lite workshops for undergraduates - medical and nursing**
   This half day workshop could be embedded into the nursing and medical school curriculums. Dr Pauline Wake is keen to champion this work for the medical undergraduates. Dr Elizabeth Inaido-Lee is about to leave PNG for an appointment in Suva at the Fiji National University and she is keen to continue teaching EPM Lite there if possible.

3. **Support development of local guidelines/improvement in availability of analgesics**
   During the visit, a number of staff expressed an interest in developing documents for local use. We have provided a number of documents that can be used for this. Also there was discussion about the lack of availability of oral morphine elixir for suitable patients, such as cancer patients, children with acute severe nociceptive pain etc.
Acknowledgements

W would like to thank the Australian and New Zealand College of Anaesthetists (ANZCA) for its support in the development of EPM. We would also like to thank specifically the EPM Subcommittee for approving funding for this trip, the PNG Society of Anaesthetists and WFSA for their support.

Thanks to Dr Umesh Gupta, Director of Medical services, Dr Duncan Dobunaba, Head of Anaesthesia, Dr Lawrence Sogoromo coordinator of ICU and anaesthesia and other senior staff at Port Moresby General Hospital.

A special thanks to Lauren Anders-Brown, our videographer, for her professional attitude, insightful comments and good company.

Dr Roger Goucke,
Dr Gertrude Marun,
Dr Pauline Wake
Dr Linda Huggins.
27th April 2016

Participants EPM POM 2016
3rd year Medical Students UPNG EPM Lite

Instructors at EPM course POM 2016
Interactive discussion group
Appendix 2

Pre Post Test 29 February EPM

Individual improvement Scores

![Improvement PNG 29 Feb 2016](image)

Pooled average scores

![EPM PNG 29 Feb 2016](image)
Appendix 3

Feedback Monday 29 February EPM

EPM has improved my understanding of pain

The training today was effective

- Strongly agree
- Agree
- Not sure
- Disagree
- Strongly disagree
Appendix 4

Pre post test EPM Lite March 2nd UPNG Students Group 1

Improvement PNG 2 Mar 2016 Group 1

EPM PNG 2 Mar 2016 Group 1
Appendix 5

Feedback UPNG Students

![Bar chart showing feedback from UPNG students.](image-url)