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 for participants and one for instructors as part of the 15th CONGRESS of «All-Russian non-governmental organization Federation of Anesthesiologists and Reanimatologists» in Moscow, Russia, during 17-19 September 2016.

We successfully trained a total of 43 health workers.

- Recommendations:
  - Continue with EPM Workshops in Russia.
  - Add oral form opioid to hospital formulary.
  - Improve pain assessment and ward protocols.

Background

Moscow is the capital of the Russian Federation. Course participants identified a number of common pain problems, e.g. cancer pain due to advanced breast cancer, in paediatrics practice, postoperative pain and chronic low back pain. If inadequately treated, these pain problems can cause considerable distress for individual patients as well as many negative effects for their family and community.

The EPM Workshop was developed in 2010 to improve pain management worldwide. The workshop uses a management framework called RAT, standing for Recognize, Assess and Treat. This has been used very successfully to discuss common and also difficult pain management scenarios.

Course Dates
We ran two EPM Workshops for participants and one for instructors. Workshop 1 for participants was on the 17th of September 2016 followed by Workshop for Instructors on the 17th of September and Workshop 2 for participants on the 19th of September 2016. Both workshops were held at the congress-hall "Kosmos". Address: 150, Prospect Mira, Moscow, 129366, Russia

**Course Instructors**

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**Course Participants**

Workshop 1: 23 participants (all doctors)

Workshop 2: 20 participants (12 doctors, 8 residents)

The participants were from different regions of Russia (Kalinigrad, Samara, Blagoveshchensk, Chita, Omsk, St. Petersburg, Tver, etc)

**Venue and Catering**

The workshops were held in the congress-hall "Kosmos". Address: 150, Prospect Mira, Moscow, 129366, Russia  
Coffee-breaks and lunches were provided all days.

**Teaching Materials**

The standard EPM Workshop slides (2th edition) were used. 50 manuals for participants and 23 manuals for instructors were printed by the organizers.

**Test Results**

Course participants completed a test at the beginning and end of the workshop to assess learning during the day. There was an improvement - the pre-course test score was 79% of right answers and the post-course test was 97% of right answers.

**Feedback**

Participants completed a feedback form at the end of each course. Overall, feedback was very positive. "RAT" was popular and the vast majority of participants stated that EPM would change the way they assess and treat pain. A number of participants commented that more workshops in Russian should be conducted.

Examples of participant feedback:

“We learned simple and efficient classification how to manage pain”
“Systematic approach to treat pain.”
“Need more such courses.”
“EPM course will change my practice.”
“I’m not afraid to prescribe opioids for oncological patients”
“The importance of non-drug treatments for pain”
“Changing attitudes to placebo.”
“Learn interaction in groups”

Publicity / Other Activities

See attached.

Success and Relevance of Workshops

The workshops were very successful. We ran two one-day EPM Workshops and one day for instructors and we trained over 43 people.

The RAT approach to managing pain provided a simple framework for managing a variety of pain problems. A number of participants commented on the appropriateness of the teaching. Course participants contributed enthusiastically to discussions and came up with a number of ways of reducing pain management barriers.

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 with EPM Workshops in Russian

There is a need to run more workshops. A number of participants was limited by preliminary registration.

We suggest further running these courses in Russian. Regular courses are also needed to maintain knowledge and instructor skills. Discussion of drugs not included in the WHO list.

2. Add oral forms morphine to formulary

The lack of fast-release oral morphine was identified as an important pain management barrier by the groups. This drug is on the WHO Essential Medicines List and is very important for pain control in the following situations:

- Initial control of cancer pain before starting slow-release morphine
- Pain management in paediatrics
- End-stage palliative care where patients are having difficulty swallowing

Fast-release oral morphine is also being used increasingly for post-operative pain relief.
Adding oral morphine (morphine elixir) to the Russian formulary will be an important step in improving pain management. This will be discussed in a Ministry of Health protection.

3. **Improve pain assessment and ward protocols**

The groups discussed several ideas for improving pain assessment and introducing ward protocols, e.g. recording pain scores on observation charts, writing brief protocols based on the RAT framework for main types of pain (e.g. post-operative pain, cancer pain).

**Acknowledgements**

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