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NEWSLETTER No 2

ESSENTIAL PAIN MANAGEMENT

Essential Pain Management (EPM) continues to grow and has been delivered in 30 countries worldwide with more than 1683 people having attended and 310 instructors trained. We are pleased that Papua New Guinea, India, Bangladesh, Nepal, Central America and Indonesia are now running their own EPM courses.

Assessment and evaluation

We have collected pre and post data and participant feedback and hope to present these as a poster at either the Australian Pain Society meeting in Hobart in April 2014 or the ANZCA annual scientific meeting in Singapore in May 2014.

We are continuing to explore evaluation strategies described by Kirkpatrick and are trialling logbooks for participants to record notable cases where our system for recognising, assessing and treating pain (RAT) has been used in the management of their pain. We are proposing that if an individual who has done an EPM course collects 10 such cases in a logbook we will give them a certificate called EPM Plus. We are also exploring the possibility of using an SMS system to communicate with participants and instructors given that email is not as widely used as we thought.

EPM Sub-Committee

The EPM Sub-Committee continues to monitor EPM activities and will play an increasing role in budget oversight and review. A draft five-year plan is being developed to ensure the vision for EPM can continue in the short to medium-term.

The new webpage has been launched (www.essentialpainmanagement.org) and we hope it will be a source of valuable information for our EPM-ers.

Course development

Dr Michael O'Connor in the UK has revised the pre and post-test questions, and these are being trialled in Surabaya and Pretoria. The workshop manual and slides also are undergoing minor revision.

Dr Linda Huggins continues to run EPM Lite, which was developed in Auckland and trialled this year with fourth-year undergraduates. A paper discussing its development and evaluation is

planned for the 14th Asian Australasian Congress of Anesthesiologists (AACA) to be held in Auckland on February 21-25, 2014. Our colleagues in Melbourne also are using EPM in a slightly different format for final-year Melbourne University students (pre interns) to bring them up to speed on post-operative pain.

In an attempt to further fine tune EPM for different groups of healthcare workers and in association with the Indigenous Health Committee of ANZCA, we will trail a pilot project we are calling iEPM or Indigenous EPM in Carnarvon and Alice Springs this year.

Partnerships and funding

A recent EPM program in Pretoria and Cape Town, South Africa, has led to a good partnership with PainSA, the Pain Society in South Africa, which is developing plans to use EPM in South Africa and adjoining countries.

While EPM is fortunate to continue to receive financial support from ANZCA, the Australian Society of Anaesthetists and the World Federation of Societies of Anaesthesiologists, we were delighted to be successful in an application to the Ronald Geoffrey Arnott Foundation through Perpetual Trustees and to be awarded \$50,000 per year for three years. This is a very generous and significant donation from the Arnott Foundation and the EPM Sub-Committee is extremely grateful. EPM is also grateful to Interplast Australia and New Zealand, the International Association for the Study of Pain, the World Federation of Societies of Anaesthesiologists, the Pacific Island Project funded by AusAID and the Royal Australasian College of Surgeons for their past and ongoing support.

Communication and courses

The new EPM webpage has already been discussed and regular entries are being added to the [Essential Pain Management Facebook](#) page. Check it out and “like” us!

Over the last four months EPM has been held in Nepal, Rwanda, South Africa, Uganda, Indonesia, Paraguay, and India. There are several EPM programs being scheduled for 2014, including teaching medical students in Hyderabad in January 2014, Sri Lanka in February, Myanmar (second half of February), Laos (March), Mongolia (June), Philippines (August), Rwanda (June), South Africa (mid-year), Russia (April) and the Czech Republic (mid-year). It is likely that we will also run EPM in some or all of the following Pacific countries in 2014; Nauru, Micronesia, Marshall Islands and Kiribati.

Please make sure that Paul Cargill has your up-to-date contact details and let him know whether you are interested in helping with any of the above courses. As many of you know, it is not always possible to set exact course dates a long time in advance. We know it can be difficult for people to commit because requesting leave and rearranging this is not always easy.

Feedback on issues raised in this newsletter is very welcome and can be sent to Paul Cargill on overseasaid@anzca.edu.au.