

## **CA-3 Curriculum for Chronic Pain Management West Virginia University department of Anesthesiology**

### **Description of Rotation or Educational Experience**

CA-3 residents may choose to take an elective chronic pain management rotation for a period of one to six months. The goals of this rotation will encompass those specified in the required CA-1 and CA-2 rotations. In addition, there are goals specific for advanced levels of involvement in the evaluation and treatment of chronic pain, including cancer pain, patients, as well as greater degree of participation in developing and managing a comprehensive treatment plan in both inpatient and outpatient settings. These goals are: to become proficient in the evaluation and testing parameters for diagnosing chronic pain syndromes; to understand the role of serving as a consultant for chronic pain issues; become competent in performing a variety of interventional pain procedures; to identify and understand different administrative models used in chronic pain practice; and, understand basic business economics and practice management principles in operating a chronic pain practice.

### **Patient Care**

#### **Goal**

Residents must be able to provide patient care that is appropriate, effective and compassionate.

Residents are expected to:

- Evaluate a chronic pain patient through history, physical examination, and diagnostic testing.
- Assess the physical and psychosocial impact chronic pain has on a patient
- Prescribe therapeutic modalities for the treatment of chronic pain.
- Perform therapeutic interventions to treat chronic pain.
- Refer chronic pain patients for appropriate interdisciplinary therapies as needed.
- Manage the overall therapeutic treatment plan for chronic pain patients.

## **Objectives**

By the end of the rotation, the resident will have completed the following:

- Evaluation of a minimum of 40 new chronic pain patient consultations per month.
- Performed at least 75 fluoroscopically guided nerve blocks
- Performed at least 50 peripheral nerve blocks, trigger point injections, joint injections, etc.
- Exhibited a working knowledge of the evaluation and management of different chronic pain syndromes. Particularly back and neck pain, neuropathic pain and cancer pain.
- Developed a comprehensive patient treatment plans for every new patient seen.
- Participated in the necessary reimbursement documentation for each patient.

## **Medical Knowledge**

### **Goal**

Residents must demonstrate knowledge of established and evolving clinical diagnosis, epidemiological considerations, and technological diagnostic and therapeutic modalities as well as their application to patient care.

Residents are expected to:

- Describe the pathophysiologic mechanisms underlying the development of nociceptive and neuropathic pain.
- Describe the clinical features and treatment associated with the various chronic pain syndromes. i.e. myofascial pain syndrome; peripheral neuropathy; neuropathic pain syndromes; complex regional pain syndrome I and II; spine pain; arthritic diseases; and cancer-related pain disorders.
- Discuss the diagnostic testing associated with chronic pain syndromes.
- Detail the pharmacologic actions of opioid and non-opioid analgesics, NSAIDs, anticonvulsant, anti-depressants, muscle relaxants, sedative-hypnotics, local anesthetics, steroids, and neurolytic agents.
- Know the techniques in performing multiple common interventional diagnostic and therapeutic injections.
- Discuss physical therapeutic techniques use to treat chronic pain.
- Discuss the psychological modalities used to treat chronic pain.
- Know indications, proper usage, mechanism of action and techniques of implantation for implantable pain devices

### **Competencies**

The resident physician will display competency by:

- discussing the most common types of chronic pain syndromes.
- describing the therapeutic approach to evaluating, treating and managing the chronic pain syndromes.
- understand the relevance of tests used to diagnose chronic pain syndromes.
- knowing the pharmacologic basis for the use of analgesic and other adjunctive drugs in the treatment of chronic pain.

- explaining the indications for and performing interventional injections to diagnose and treat chronic pain.
- prescribing physical therapy modalities in the treatment of chronic pain.
- understanding and utilizing psychotherapeutic modalities in chronic pain management.
- knowing the importance of interdisciplinary interactions in managing chronic pain.
- properly documenting the medical record for continuity of care and third party reimbursement requirements.

### **Objectives**

- Review or prepare written examination questions on chronic pain management .
- Demonstrate a satisfactory fund of knowledge in chronic pain through periodic oral chronic pain patient case study presentations to pain and interdisciplinary faculty.
- Exhibit a satisfactory daily performance in the management of chronic pain patients as assessed by faculty written evaluations.
- Satisfactorily complete a rotation research project.

## **Practice- Based Learning and Improvement**

### **Goal**

Residents must demonstrate the ability to investigate and evaluate their care of patients, to appraise and assimilate scientific evidence, and to continuously improve patient care based on constant self-evaluation and life long learning.

Residents are expected to develop skills and habits to be able to:

- identify and access appropriate reference resources, including interdisciplinary and computer based reference sources, to assist in solving chronic pain management problems.
- independently acquire information to answer clinical questions and synthesize and incorporate the acquired knowledge into appropriate chronic pain management and care plans.
- identify and remedy knowledge and technical deficiencies by continual self evaluation.

### **Competencies**

- Systematically analyze the chronic pain practice using quality improvement methods, and implement indicated changes for practice improvement.
- Review and assimilate evidence from relevant scientific-based studies related to chronic pain management into common practice

### **Objectives**

- Maintain a record of identified management problems; include the causative etiology, methods or treatments undertaken, and the resolution or outcomes.
- Demonstrate satisfactory learning-based pain management practice with continual improvement as assessed by faculty written evaluations.

## **Systems Based Practice**

### **Goal**

Residents must demonstrate an awareness of and responsiveness to the system of health care, as well as the ability to call effectively on other resources in the system to provide optimal health care.

Residents are expected to:

- Create a system for evaluation and treatment of chronic pain problems based on the urgency and severity of the problem.
- Function proficiently as a member of a multidisciplinary chronic pain care team.
- Know when and how to access appropriate referral consultations for chronic pain patients.
- Know how to access institutional administrative support for providing needed clinical chronic pain services.
- Understanding the appropriate documentation and coding processes for obtaining reimbursement for chronic pain procedures and services.
- Understand documentation and coding requirements in order to maximize financial return.

### **Competencies**

- Work effectively within the frameworks of both inpatient and outpatient health care delivery settings and systems relevant to both chronic pain and cancer management.
- Work proficiently within a multidisciplinary chronic pain care team to improve the quality of patient care.
- Incorporate considerations of cost effectiveness and risk-benefit analysis into chronic pain patient care.

### **Objectives**

- Demonstrate satisfactory systems-based chronic pain practice as assessed by faculty on written evaluations.
- Perform satisfactorily as a team member on 360-degree evaluations.
- Provide appropriate documentation for the cost and benefit of chronic pain services rendered.

## **Professionalism**

### **Goal**

Residents must demonstrate a commitment to carrying out professional responsibilities and an adherence to ethical principles.

Residents are expected to demonstrate:

- highest possible standard for quality patient care.
- role modeling and mentoring to students and colleagues in a commitment to ethical professional conduct in patient care.

### **Competencies**

- Compassion, integrity, and respect for others.
- Respect for patient privacy and autonomy.
- Accountability to patients, society, and the profession.

### **Objectives**

- Exhibits the ideals of professionalism in daily practice as assessed by faculty on written evaluations.
- Satisfactory professional performance on 360-degree evaluations.
- Accurate and complete case log recording

## **Interpersonal and Communication Skills**

### **Goal**

Residents must demonstrate communication skills that result in the effective exchange of information with patients, their families, and associates.

Residents are expected to:

- Obtain pertinent chronic pain information in an efficient manner from either the patient, their family, significant others, or professional colleagues.
- Discuss appropriate chronic pain issues effectively with the patient, their family, significant others, and consulting practitioners.
- Communicate plans for the treatment and management of chronic pain patients to multidisciplinary care team members in a professional and comprehensive approach.
- Convey through proper documentation pertinent information needed for continuity of care and billing for chronic pain services.

### **Competencies**

- Communicate effectively with patients and families across a broad range of socioeconomic and cultural backgrounds.
- Act in a consultative role to other physicians and health professionals
- Maintain comprehensive, timely, and legible medical records

### **Objectives**

- Exhibit effective interpersonal and communication skills in daily practice as assessed by faculty on written formative evaluations.
- Satisfactory ability for expressing positive interpersonal and communication skills on 360-degree evaluations.
- Demonstrate effectiveness in documenting clinical pain services.

## **Teaching Methods**

What teaching methods are you using on this rotation or educational experience?

- Case by case discussion of salient issues.
- Direct interventional techniques supervision.
- Patient case study scenario presentations.
- Supervision and mentoring of research projects.
- Selected reading materials.

<b>Assessment Method (residents)</b>						
<ul style="list-style-type: none"> <li>Global Rating Scale</li> <li>Case Log</li> <li>360 Evaluation</li> </ul>						
	Patient Care	Medical Knowledge	Practice Based Learning	System Based Practice	Professionalism	Communication
Global Rating Scale	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly
Case Log	Monthly	Monthly				
360 Eval	Monthly				Monthly	Monthly

### **Assessment Method (Program Evaluation)**

How do you evaluate whether this educational experience is effective?

- Resident performance on rotation written and oral examinations.
- Resident performance on the chronic pain subset of questions on the American Board of Anesthesiology's in-service examination.
- Resident performance on the chronic pain management subset of questions on the Anesthesia Knowledge Test.
- Review of faculty weekly performance evaluations on residents.
- Review of residents' evaluation of the chronic pain rotation.

### **Level of Supervision**

The direct supervision by the faculty, board certified, pain medicine specialists.

### **Educational Resources**

Recommended readings and references:

- Benzon HT, Raja SN, Molloy RE, Fishman, SM, Liu SS. Essentials of Pain Medicine and Regional Anesthesia. 2<sup>nd</sup> Ed. Churchill Livingstone, New York, 2004.
- Cousins MJ, Bridenbaugh PO. Neural Blockade in Clinical Anesthesia and Management of Pain. 3<sup>rd</sup> Ed. Lippincott-Raven, Philadelphia, 1998.
- Loesser JD, Butler SH, Chapman CR, Turk DC. Bonica's Management of Pain, 3<sup>rd</sup> Ed. Lippincott Williams & Wilkins, Philadelphia, 2000.
- Raj PP. Pain Medicine A Comprehensive Review. 2<sup>nd</sup> Ed. Mosby, St Louis, 2003
- 2007; 10; 7-111. Interventional Techniques: Evidence-Based Practice Guidelines in the Management of Chronic Spinal Pain:  
<http://www.painphysicianjournal.com>.
- Principles of Documentation, Billing, Coding & Practice Management for the Interventional Pain Professional: <http://www.asipp.org>.
- CPT 2005 Professional Edition: <http://www.ama-assn.org>.

### **Social Justice**

West Virginia University is committed to social justice. We concur with that commitment and expect to maintain a positive learning environment based upon open communication, mutual respect, and non-discrimination. Our University does not discriminate on the basis of race, sex, age, disability, veteran status, religion, sexual orientation, color, or national group. Any suggestions as to how to further such a positive and open environment in this rotation will be appreciated and given serious consideration.

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Approved by the Anesthesiology Education Committee on 2-26-2007

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