

JOB DESCRIPTION

Job Title: Pain Centre Attachment for GPVTS trainees

Speciality: Pain Management

Duration of Post: 6 months

Base: Manchester and Salford Pain Centre

Responsible to: Dr A G Lalkhen

Working Hours: One day a week in the Pain Centre

On-call: None

Clinical Governance

Undertake induction and mandatory training, including completion of the Educational Agreement. In accordance with the Educational Contract, take part in audit.

Educational Aspects of the Post

The postholder will be supervised by Dr A.G Lalkhen, Consultant in Anaesthesia and Pain Medicine

Purpose of the post:

Manchester and Salford Pain Centre

General Practice Vocational Trainee Scheme (GPVTS) Pain Medicine placement in combination with Palliative Care Medicine.

General Practitioners exist at the coal face of the presentation of chronic pain. The scale of the problem of chronic pain has been extensively documented with prevalence rates of as much as 7%. Chronic low back pain for example accounts for an enormous socioeconomic burden. Early identification and appropriate referral may reduce the disability associated with chronic pain.

The Manchester and Salford Pain Centre has at its core a biopsychosocial approach to the problem of chronic pain and this is reflected in the interdisciplinary nature of the work in the Pain Centre. Physiotherapists specialising in chronic pain management, Psychologists, Medical Consultants and nurses work towards the functional rehabilitation of patients. Joint point of first contact clinics are held with the aforementioned allied health professionals based on a triage system which aims to

identify the most distressed or functionally challenged patients. Individual physiotherapy and psychology as well as cognitive behavioural therapy based group programmes are available as well as the full range of interventional pain techniques. The Manchester and Salford Pain Centre also has a robust Acute Pain Service which provides a bridge between the acute presentations of chronic pain as well as a strong postoperative pain service. The nurses who work within the Acute Pain Service also have a role in providing medication review and TENS clinics.

The Centre therefore offers an excellent environment within which a GPVTS trainee can acquire the skills needed to identify patients with chronic pain and institute initial management whilst recognising those patients who will benefit from onward referral to a specialist pain service.

The trainee spends one day a week for six months in the Pain Centre. After an initial period of orientation the idea is to introduce the trainee to assessing patients leading to eventually conducting supervised consultations in appropriately selected patients. In order to facilitate this process a competency based assessment document has been produced consisting of knowledge skills and attitudes which the trainee will be assessed on.

The overall aims will be:-

- An appreciation of the problem of chronic pain
- Developing consultation and clinical examination skills
- Primary care management of chronic pain conditions

The Appraisal and Educational Assessment:

Manchester and Salford Pain centre

Competency Based Training for GPVTS trainees completing a Pain Management Module

Knowledge

Basic Science

Initial and Date: leave space for others

Anatomy and physiology relevant to pain management

CBD

Central and peripheral mechanisms of pain

CBD

Nerve damage and its relationship to neuropathic pain

CBD

Pain Assessment

Epidemiology of chronic pain

Mini-Cex/CBD

Assessment and measurement of acute pain

Mini-Cex/CBD

Assessment and measurement of chronic pain

Mini-Cex/CBD

Principles of psychological assessment

Mini-Cex/CBD

Pain Syndromes

Musculoskeletal Pain (including FMS)

CBD

Neuropathic Pain

CBD

Low Back Pain

CBD

CRPS

CBD

Pain in the elderly

CBD

Management

Management of acute pain: general principles

Mini-Cex/CBD

Acute pain management: opioid & non-opioid medication, opioid infusions, Patient Controlled Analgesia, Epidural infusions

Mini-Cex/CBD

Knowledge of tolerance, drug dependency and addiction

Mini-Cex/CBD

Opioid medication for chronic pain

Mini-Cex/CBD

Non-steroidal anti-inflammatory agents

Mini-Cex/CBD

Anti-depressants, anti-convulsants, anti-arrhythmics and Calcium channel antagonists

Mini-Cex/CBD

Principles of interventional pain medicine and common procedures performed for chronic low back pain and radicular pain.

CBD

Principles of plexus blocks, including stellate, coeliac plexus and lumbar sympathetic blocks

CBD

Principles of Neuromodulation including Spinal Cord Stimulators and intrathecal pumps for drug delivery

CBD

Principles of stimulation induced analgesia: TENS and acupuncture

Mini-Cex/CBD

Role of pain management programmes

CBD

Role of physiotherapy in chronic pain management

CBD

Role of psychology in chronic pain management

CBD

Skills

The learner must demonstrate the ability to perform a basic assessment of patients with chronic pain and begin appropriate initial management.

Mini-Cex/CBD

The learner must demonstrate the ability to explain chronic pain treatment modalities (interventional techniques, neuromodulation, oral medication and interdisciplinary pain management) including possible side effects and complications.

Mini-Cex/CBD

Attitudes and Behaviour

Develops rapport with patients and their relatives

MSF

Provides explanations in a way that patients and relatives can understand

MSF

Appropriate communication with staff

MSF

Enlists help / advice from other professionals when appropriate

MSF

Awareness of ethnic, cultural and spiritual issues in pain

MSF

Keeps adequate records

MSF