

Regional Anesthesiology and Acute Pain Medicine Fellowship

Educational Goals, Objectives, Skills and Competencies: Chronic Pain/Block/OR Rotation

The Duke Regional Anesthesiology and Acute Pain Medicine (RAAPM) Fellowship is a one-year formal structured PGY-5 fellowship designed to prepare trainees for a role as leaders in academic regional anesthesiology and acute pain medicine. Trainees are expected to demonstrate progressive autonomy in the performance of these skills and competencies throughout the year. Where practical, the goals and objectives are stratified into basic and advanced levels, and trainees are expected to have demonstrated competency and completion of the basic set of these by the 6 month point in the fellowship. Advanced level skills and competencies may be achieved at any point, but should be mastered by the completion of the fellowship.

The Chronic Pain/Block/OR rotation is a hybrid rotation that combines a 2 week experience in chronic pain management with 2 weeks caring for patients in the operating room/block room setting. The goals and objectives for the operating room/block room portion are identical to those listed in the “Block/OR” document. The goals and objectives specific to the chronic pain two week rotation are as follows:

Medical Knowledge

Upon completion of the program, the fellow will be able to:

1. Explain the IASP definition of pain and be able to define the following commonly utilized terms: allodynia, analgesia, dysesthesia, hyperalgesia, hyperesthesia, paresthesia, pain threshold, and pain tolerance **[ADVANCED]**
2. Demonstrate a basic knowledge and understanding of anatomy and pathophysiology of pain mechanisms **[ADVANCED]**

3. Describe the mechanisms and effect of inhibitory modulatory pathways on pain transmission **[ADVANCED]**
4. Differentiate between somatic, visceral, and neuropathic pain and treatment pathways **[ADVANCED]**
5. Demonstrate understanding of the W.H.O. step ladder approach to pain management **[ADVANCED]**
6. Recognize psychological and social effects of chronic pain **[ADVANCED]**
7. Understand the principles and indications of diagnostic testing for patients with chronic pain **[ADVANCED]**
8. Describe psychotherapeutic treatment principles, rehabilitation and team management in the setting of the inpatient with chronic pain **[ADVANCED]**
9. Understand the basic principles of cancer pain management **[ADVANCED]**
10. Discuss the pathophysiology, presentation and treatment options for a variety of non-cancer pain syndromes including: **[ADVANCED]**
 - i. Low back pain
 - ii. Myofascial pain
 - iii. Complex regional pain syndromes I & II
 - iv. Fibromyalgia
 - v. Facet arthropathy
 - vi. Acute herpes zoster
 - vii. Post-herpetic neuralgia
 - viii. Chronic/persistent post-surgical pain including post-thoracotomy pain and post-mastectomy pain **[ADVANCED]**
11. Discuss the difference between tolerance, physical dependence and addiction **[ADVANCED]**
12. Understand the principles of transcutaneous electrical nerve stimulation (TENS) and acupuncture **[ADVANCED]**
13. Understand the basic principles and perioperative management of the patient who has a spinal cord stimulator or intrathecal drug delivery device. **[ADVANCED]**
14. Describe the biopsychosocial theory of chronic pain and explain the importance of this in the management of the chronic pain patient **[ADVANCED]**
15. Describe the rational management of opioid medications including the conversion between agents and the principles of opioid weaning **[ADVANCED]**
16. Describe the use of screening tools for opioid prescribing **[ADVANCED]**

Patient Care

Upon completion of the program, the fellow should be able to:

1. Demonstrate management of patients at the level of a consultant whose diagnoses require consultation of the Chronic Pain Management Service. **[ADVANCED]**
2. Demonstrate skill in the administration and coordination of multi-modal analgesic regimens to include such techniques as neuraxial and peripheral nerve catheters, local anesthetic and narcotic infusions, and non-narcotic analgesic adjuvants. **[ADVANCED]**
3. Conduct appropriate follow up on his/her chronic pain patients in order to assess the effectiveness of the pain management strategy, and be able to appropriately respond to changes in the pain condition with rational selection of additional adjuvant therapies **[ADVANCED]**
4. Demonstrate rational selection of regional analgesia for specific clinical situations. **[BASIC]**
5. Demonstrate skill and knowledge related to the daily management of epidural and perineural catheters including dosing of medications, evaluation of proper dose and rate of infusion medications, and timing of catheter removal.
6. Recognize and intervene to manage inadequate regional analgesic techniques with supplemental blockade or alternate anesthetic approaches. **[ADVANCED]**
7. Develop administrative skills as they related to managing a team of trainees, mid-level providers and advanced practice nurses. Fellows will be expected to make triage decisions and allocation of team members as appropriate for consultations, procedures, and follow-up visits. **[ADVANCED]**

Practice-based learning/scholarship/teaching

Upon completion of the program, the fellow should be able to:

1. Explain the value of the ASA Guidelines for Acute Pain Management
2. Evaluate and apply evidence from scientific studies, expert guidelines, and practice pathways. **[BASIC]**
3. Use information technology to obtain and record patient information, access institutional and national policies and guidelines, and participate in self education. **[BASIC]**
4. Evaluate own practice with respect to patient outcomes (esp. success and complications from regional block) and compare to available literature. **[ADVANCED]**

5. Identify strengths, deficiencies, and limits in knowledge and expertise **[ADVANCED]**
6. Set learning and practice improvement goals **[BASIC]**
7. Identify and perform appropriate learning activities, including didactic lectures and hands-on demonstrations that promulgate safety **[BASIC]**
8. Incorporate formative evaluation feedback into daily practice **[ADVANCED]**
9. Develop teaching techniques by instructing residents and nurse practitioners at the bedside under the supervision of faculty. **[ADVANCED]**

Interpersonal and Communication Skills

Upon completion of the program, the fellow should be able to:

1. Provide information to the patient and family with respect to the options, alternatives, risks and benefits of the chronic pain management plan in a manner that is clear, understandable, ethical, and appropriate. **[BASIC]**
2. Employ effective listening skills and answer questions appropriately in the process of obtaining informed consent. **[BASIC]**
3. Work effectively in a team environment, communicating and cooperating with surgeons, nurses, pharmacists, physical therapists, and other members of the perioperative team. This requires the fellow to:
 - i) Appreciate the roles of other members of the team **[BASIC]**
 - ii) Communicate clearly in a collegial manner that facilitates the achievement of care goals. **[BASIC]**
 - iii) Help other members of the team to enhance the sharing of information. **[BASIC]**
 - iv) Formulate care plans that utilize multidisciplinary team skills such as a plan for facilitated recovery (i.e., ERAS, etc.) **[ADVANCED]**

Professionalism

Upon completion of the program, the fellow should be able to:

1. Respond to pages promptly and professionally; be punctual and reliable; adhere to departmental and university policies and procedures; exhibit integrity in record keeping and medical records **[BASIC]**
2. Demonstrate respect, compassion, and responsiveness to patients' needs and concerns **[BASIC]**
3. Demonstrate independence and initiative befitting a consultant subspecialty physician **[ADVANCED]**

4. Continuously conduct the practice of medicine with integrity, honesty, and accountability. **[BASIC]**
5. Demonstrate a commitment to life-long learning and excellence in clinical practice. **[BASIC]**
6. Demonstrate a commitment to the fellowship by striving for excellence in clinical and scholarly endeavors **[BASIC]**
7. Demonstrate consistent subjugation of self-interest to the good of the patient and the health care needs of society. **[BASIC]**
8. Demonstrate a commitment to ethical principles in providing care, obtaining informed consent, and maintaining patient confidentiality. **[BASIC]**

Systems-Based Practice

Upon completion of the program, the fellow should be able to:

1. Work effectively in a consultant physician role within the framework of the interprofessional clinical team, including surgeons, nurses, nurse practitioners, physical therapists and other anesthesiology trainees to enhance patient safety and improve quality **[BASIC]**
2. Participate in identifying system errors and implementing potential systems solutions **[ADVANCED]**
3. Understand the interaction of the chronic pain medicine consultant team with other elements of the health care system including primary surgical and medical teams, other consultant services, nursing, pharmacy, and physical therapy. **[ADVANCED]**
4. Demonstrate awareness of health care costs and resource allocation, and the impact of their choices on those costs and resources. **[ADVANCED]**
5. Advocate for the patient and their family within the health care system, and assist them in understanding and negotiating complexities in that system. **[BASIC]**

I have reviewed all of the goals and objectives.

Fellow signature _____

Date _____

Name (printed) _____

Program Director signature _____

Date _____