

ESSENTIAL PAIN MANAGEMENT (EPM) WORKSHOPS

University of Jordan, Amman, JORDAN

October 31-November 2 2019

Executive Summary

- 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.
- The Middle East and North African countries have not run an EPM program for healthcare professionals. This was recognised as an area of need by both the Pan Arab Federation of Societies of Anaesthesia (PAFSA) and the World Federation of Societies of Anaesthesiology (WFSA). Both organisations offered financial assistance to set up a series of workshops in this region.
- A working committee comprising of Dr Roger Goucke (Perth), Dr Patricia Yazbeck (Beirut), Dr Abdullah Kaki (Jeddah) and Dr Ramesh Menon (Doha) was convened.
- Contact was made with Prof AbdelKarim AlOweidi, chairman of the Dept of Anesthesia and Intensive Care at The University of Jordan and the President of Jordanian Society of Anesthesia, Intensive Care and Pain Management by the Pan Arab Federation and Professor Abdullah Kaki. Dr AlOweidi enthusiastically offered to set up and run the first EPM course at the University of Jordan.
- We ran 2 One day EPM Workshops at the University of Jordan in Amman on the 31st of October and the 2nd of November 2019. We successfully trained a total of 34 health workers over both workshops. 9 new Instructors were trained on 1st November.
- Recommendations:
 - Continue further workshops in Amman and other parts of Jordan
 - Improve pain assessment and ward protocols.
 - Address local barriers to pain relief

Background

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.

Jordan is a middle-income country in the Middle East with a population just under 10 million. Life expectancy at 74 years is comparable with many western nations. Healthcare is predominantly state sponsored (67% of hospital beds) and about 70% of Jordanians have health insurance, 80% of which is state insurance. While healthcare is modern and advanced - Jordan boasts one of the best Cancer treatment centres in the Middle East centred in Amman. There is very little Primary Health care. Personal communication from the department of Anaesthesia at the University confirmed the poor penetration of pain management training amongst all doctors and nurses (including anaesthesiologists).

We were very pleased that Professor Islam Massad, Dean of the School of Medicine was able to open the course with an overview of the importance of good pain management.

We had a brief discussion on the place EPM Lite could have in the University of Jordan undergraduate program.

Course Dates

We ran a one-day workshop on the Thursday 31st of September. On Friday 1 November, we conducted a half-day instructor workshop for 9 new Instructors. On 2nd November 2019 we supported a one-day workshop run entirely by the new Instructors.

Course Instructors

Dr Roger Goucke
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Dr Patricia Yazbeck
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Course Organiser in Amman
Dr Abdel Karim AlOweidi
Professor, Department of Anesthesiology
University Hospital of Jordan
President
Jordanian Society of Anesthesia

Course Participants

See Addendum below.

34 participants over 2 one-day workshops
9 Instructors were trained on the 1st of November

All the participants were Anaesthesiologists, the majority were attached to the University Hospitals, including Anaesthesia Residents.
There were no non-anaesthesia physicians or nurses.

Venue and Catering

The Venue: Lecture halls of the University of Jordan. These were very suitable with adequate seating, air-conditioning and audio-visual facilities. Catering was provided by the department of Anaesthesia and was more than adequate. There was an excellent Faculty dinner organised by Dr AlOweidi at a local Jordanian restaurant on the 31st of October.

Teaching Materials

The new beta version of the revised EPM Workshop slides were used. Around 15 course manuals were distributed. All participants received the EPM USB. All participants were encouraged to download the EPM Mobile Application. Feedback was received via the Delphi wall

Test Results

Pre and Post tests were conducted on each of the 2 days.

The results of the first workshop (D1) Pretest – Mean of 71%, median 72% (range 52-84%) (n=18) Post test results were unavailable

On the second one day workshop. Only 8 pre-test and 4 matched post test results were obtained. Mean pre-test test score was 74.5% and median 76% (range 52-92%)

The pre-test questions that attracted the lowest correct response were Q2C (33% on D1 and 11% on D2), 5c (28% on D1 and 11% on D2) and 5D (6%). It is possible that inadequate understanding of these specific questions has contributed to this.

When the Post test scores were analysed in the 4 matched response sheets, a significant improvement in scores was noted, 72-82%, 52-94%, 84-92% and 80-90%

These results should be interpreted in the light of the fact that the response rate was very low.

The language issues to a certain extent were overcome by having two Arabic speaking instructors. The pre-post-tests might be better delivered in Arabic. To this end Dr Abdullah Kaki has nearly completed translating EPM into Arabic, we are planning to pilot this version soon.

Feedback

Feedback was anonymous and obtained via 3 open questions placed on the walls outside the venue. Listed verbatim below

What I liked

Interaction and friendship
Friendly team
Helpful Talk
Good Time Management
Very useful and advanced information

What I learned

Algorithm and planning for proper treatment
How to approach pain and how should I manage it
To look for more things when patient comes with pain
To assess very well the acute and chronic pain
To be more systematic in managing pain
Placebo effects knowledge

What could be improved

Insert multimedia videos (↓ boring)
Expand this knowledge to non-anaesthetic teams
The new Instructors should have more knowledge about pain before the lectures

Success and Relevance of Workshops

The workshops were moderately successful. We ran two one-day EPM Workshops and trained over 30 people but more importantly, generated 8 Instructors for the middle east region. All the participants were either anaesthesia trainees or practising anaesthetists. Their involvement was energetic and keen.

Barriers to Pain management and overcoming these barriers generated considerable discussion especially with regard to the logistics of Analgesia transport to peripheral sites. There was general agreement on the lack of pain education for nursing staff. The discussion around Nociceptive Pain and Placebo treatment received extended discussion.

Recommendations

- 1. Run periodic EPM Workshops at both the University Hospitals and other regional hospitals**
- 2. Multidisciplinary involvement. Involvement of nursing and allied health.**
- 3. Participate in discussions around the development of EPM in the region.**

Acknowledgements

We are grateful to Dr AbdelKarim AlOweidi (Professor, Department of Anaesthesia, University of Jordan) for his hard work and cheerfulness in the face of obstacles!

We are also grateful to Professor Islam Massad (Dean of the School of Medicine) for his support to the course and his warm hospitality (I_massad@ju.edu.jo)

EPM would like to thank the WFSA through their Committee Project Grants for funding accommodation and the airfare for Dr Goucke. Airfares were self-funded by the other instructors, this is gratefully acknowledged by EPM.

Dr Ramesh Menon

Doha

26/11/2019



Group discussions



New instructor practising



Instructor group

Instructors trained

1. Dr AbdelKarim AlOweidi
2. Dr Khaleel Nassar
3. Dr Jenan AA Al-Zaqqa
4. Dr Zaid Nakhleh
5. Dr Saleh Atiyah
6. Dr Murad Al-Ramihi
7. Dr Ibraheem Qudaisat
8. Dr Omar Ababneh
9. Dr Fuad Ghanem (Doha, Qatar)

Participants (including both workshops)

1. Dr Abdelkarim Al-Owaidi Al-Abbadi
2. Dr Abdel Karim Y Al Omari
3. Dr Adnan M Muhsen
4. Dr Khaleel Mohammad Nasser
5. Dr Alaa Mustafa Daoud
6. Dr Fuad Ghanem
7. Dr Haitham Aref Al-Ayyat
8. Dr Saleh Atiyah
9. Dr Mohammad Rajab Al-Shurbasi
10. Dr Omar Ahmad Amin Ababneh
11. Dr Murad "Mohd Saed" Saleem Abdelqader
12. Dr Ahmad MM Al Mahmoud
13. Dr Loiy Mohammad Abu Hammour
14. Dr Islam Akram Khalil
15. Dr Rami Said Abelhalim
16. Dr Rasem Talal Abdelrazzaq
17. Dr Moataz Walid Abdelrahman
18. Dr Ibraheem Y Qudaisat
19. Dr Jenan AA Al Zaqqa
20. Dr Ahmad Zaki Ahm
21. Dr Ahmad Abdulkader Abed
22. Dr Hadil Simon George Ghanem
23. Dr Rawand Moh'd Mah'd Syam
24. Dr Ahmad Nader AlBSoul

25. Dr Nisreen Abdle-Kareem Nadi
26. Dr Ahmad Taisir Jaber
27. Dr Aiman Mohammad Majed Suleiman
28. Dr Hasan Ali Hasan Guzu
29. Dr Dalia Zuhair Al-Hardan
30. Dr Mohammad Khader Ali Al-Masri
31. Dr Wesam Khraisat
32. Dr Mohamed Alsallal
33. Dr Hasan Abo Molish
34. Dr Mutasem Al Amaren