

## **PAIN MANAGEMENT ROTATION GOALS AND OBJECTIVES**

**GOAL:** By the end of the Pain Management Rotation, the resident will be able to diagnose and treat patients with chronic pain conditions commonly found in the Family Medicine setting.

### **OBJECTIVES:**

#### **Patient Care**

The resident will be able to:

1. Demonstrate competency in obtaining thorough history from patients with a focus on patients acute and chronic pain complaints.
2. Demonstrate competency in physical exam skills used to evaluate acute and chronic pain and function
3. Demonstrate competency in musculoskeletal exam.
4. Describe the indications and use of physical therapy, pharmacologic agents, nerve blocks, psychosocial support in the treatment of chronic pain.
5. Establish a pain contract with patients and understand appropriate use of narcotics in the outpatient primary care setting.

#### **Medical Knowledge**

The resident will be able to:

1. Describe the different etiologies of common pain syndromes and identify these in the outpatient primary care setting, including among others:
  - a. Low back pain.
  - b. Myofascial pain.
  - c. Complex regional pain syndromes.
2. Describe joint anatomy and location for injections.
3. Understand the side effects and complications of acute and chronic pain management modalities.
4. Understand the pharmacology of local anesthetics, opiates, non-narcotic analgesics, and nonsteroidal anti-inflammatory agents used in pain management.
5. Describe an assessment of pain and function.
6. The basic principles of cancer pain management.

#### **Interpersonal and Communication Skills**

The resident will be able to:

1. Counsel and educate patients and families on pertinent medical and psychosocial issues.
2. Provide information using effective written and verbal communication skills.
3. Maintain accurate medical records.
4. Serve as a patient advocate.

#### **Professionalism**

The resident will be able to:

1. Demonstrate respect to nursing staff, medical students, residents, attendings and other members of the healthcare team.
2. Be respectful of the patients' culture, age, gender, sexual orientation and disability.
3. Be punctual and available for required duties.

4. Return pages in a timely manner.
5. Complete duties as expected.
6. Understand, practice and adhere to a code of medical ethics.

**Practice Based Learning and Improvement**

The resident will be able to:

1. Review the outcomes of patient care in order to reflect on the approach taken in the delivery of care.
2. Utilize established practice guidelines for individual diseases to devise care strategies.
3. Identify limitations of one's medical knowledge in evaluation and management of patients and use medical literature (primary and reference) to address these gaps in medical knowledge.

**Systems Based Practice**

The resident will be able to:

1. Recognize the importance of the role of support systems in the health of patients with acute and chronic pain, including physical therapy, occupational therapy, home health workers, and home medical equipment vendors.
2. Understand the role of the pain management consultant

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Resident

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Faculty

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Date