

CC3 Assessment and management of pain

Assessment of these competencies to be integrated during Mini-CEX, ACAT-EM or CbD of clinical modules and with appropriate cross-linking.

Patient presentations of particular importance that could be utilised to demonstrate competencies within this module include any patient presenting with moderate to severe pain, issues with regards to analgesia prescriptions such as side effects, exacerbation of existing chronic pain/need for adjuncts, opiate-seeking behaviour, and frequent attenders.

Trainees are expected to achieve EPA level 3 (Indirect active- partial supervision by senior clinician, no prompting or help provided, direct line of vision or supervisor immediately available) in these competencies, unless indicated separately in specific clinical modules.

Knowledge/ Skill/ Behaviour	Detail of competency
Knowledge	Describes how to assess the severity of acute pain including scoring systems such as the Visual Analogue Scale and Verbal Rating Scale
	Describes the use of multi-modal therapy and the 'analgesic ladder'
	Understands how emotions contribute to pain
	Understands the different treatments of acute and chronic pain, including use of adjunctive therapy e.g. anxiolytics, neuroactive agents
	Understands the pharmacology of commonly used analgesics including but not limited to: Indications and contraindications, Side effects, Safety profile, Drug interactions
	Can list complications of regional anaesthesia and outlines their treatment including that of local anaesthetic toxicity and respiratory depression due to centrally administered opiates
Skills (see also include PP9 and PP10)	Is able to discuss options for pain relief with the patient and obtain informed consent
	Uses non-pharmacological as well as pharmacological pain management such as immobilisation, TENS
	Safely prescribes analgesia for the acutely ill patient in pain
	Safely titrates analgesia against level of pain

	Is able to undertake the peripheral nerve blocks including but not limited to: digital, wrist (ulnar, median, radial), femoral, facial (auricular, supra-trochlear, supra-orbital), ankle and know their contraindications
Behaviour	Ensures effectiveness of analgesia provided and seeks help if pain is not relieved or is disproportionate
Paediatric specific competencies	Knows how to assess pain in CYP, the range of options to relieve pain and how to select the best option.
	Knows the range of nonpharmacological and pharmacological - agents, routes of administration, dosage.
	Can explain the management of severe pain including the use of intranasal opiates and intramuscular ketamine
	Knows the safe doses, side effects and toxicity of different agents