

Physical Medicine & Rehabilitation University of Toronto Rotation Specific Goals and Objectives Chronic Pain Rehabilitation

General Requirements:

- Be aware of the role of each of the inpatient and outpatient team members in treating chronic non-cancer pain – clinical and administrative - and how they function in the rehabilitation team (example: Echo Project – Ontario Pain)
- Demonstrate diagnostic and therapeutic skills for ethical and effective patient care
- Demonstrate effective consultation skills with respect to patient care, education and medical-legal opinions
- Complete one educational case presentation with input by supervisors

CanMeds Roles:

By the end of this rotation, the resident will be able to:

Medical Expert

- Demonstrate compassionate and caring professional attitude in dealing with patients and family members of chronic pain, that is patient-centered, goal-focused, academically driven and ethically appropriate
- Demonstrate knowledge of the nociceptive pain progression to chronic mechanical pain and neuropathic pain and the associated psychosocial burdens
- Discuss pain syndromes including myofascial pain, fibromyalgia and complex regional pain syndrome (CRPS)
- Demonstrate an awareness of cancer rehabilitation pain in comparison to chronic non-cancer pain
- Perform a focused musculoskeletal physical examination of the musculoskeletal and neurological systems with a focus on **distinguishing** between mechanical nociceptive pain versus neuropathic pain
- Review investigations and create treatment plans for complex chronic pain patients and determine contributing factors that are modifiable versus those that are fixed to enhance the treatment plan
- Describe the use of interventional therapeutic procedures for pain including:
 - Trigger point injections
 - Soft tissue injections
- Demonstrate effective use of oral and topical chronic non-cancer pain medications, including opioids, analgesics, neuropathic medications, antidepressants

- Demonstrate effective, appropriate, and timely consultation with other health professional as needed for optimal patient care and then collaborate with these individuals to maximizing recovery while minimizing risks
- Be able to screen patient's risk factors for misuse/addiction risk factors with the use of tools such as the Opioid Risk Tool (ORT)
- Describe the importance of psychological approaches to chronic pain management, including self-management, cognitive behavioural therapy, mindfulness, as well as acceptance commitment therapy (ACT)

Communicator:

- Demonstrate the ability to communicate with and counsel patients and families effectively regarding chronic non-cancer pain.
- Provide clear and concise oral reports that include the diagnoses, treatment plan and follow-up plan.
- Provide clear and concise written reports that include the diagnoses, treatment plan and follow-up plan.
- Demonstrate the ability to write prescription for restricted medications that comply with provincial legislative guidelines.
- Demonstrate the ability to appropriately complete required patient forms and requisitions, including internal and external treatment referral, insurance and travel forms and diagnostic tests.

Collaborator:

- Contribute effectively to team activities as it relates to managing chronic non-cancer pain patients.
- Demonstrate the ability to liaise well with team members and external partners.
- Liaise with primary care physician or other specialists around patient care.
- Provide leadership in patient care to other team members, as appropriate.
- Liaise with admin team around booking follow-up appointments and transfer of patient's care back to primary care physician or other specialists.

Leader:

- Manage time effectively ensuring appropriate preparation prior to specific patient encounter (review patient's chart).
- Utilize healthcare resources appropriately.
- Help facilitate safe and timely continuum of care back to the primary care physician or other specialists.
- Effectively assume management of complex, challenging patients and their behaviours during the clinical encounter (i.e. manage the patient encounter).
- Manage clinical patient encounter effectively (limit setting, goal focused discussion, long term plan.)
- Demonstrate ability to effectively wean patients off opioids and/or switch patients from one opioid to another

- Prioritize interventions for patient care issues that take into account the patient's available resources

Health Advocate:

- Demonstrate attentiveness to preventative measures.
- Understand when and how to advocate appropriately on behalf of patients and families regarding availability of resources.
- Prioritizing the sequencing of resources based upon availability.

Scholar:

- Facilitate education of patients, families, students and other healthcare professionals.

Professional:

- Carry out duties in a professional manner.
- Discharge duties and assignments responsibly.
- Maintain appropriate boundaries in work and learning situations.