

# Evaluating the effectiveness of Essential Pain Management Programme in improving healthcare professionals knowledge of pain management

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## Background

The assessment and management of pain in today's healthcare setting continues to be challenging, the main cause of this is thought to be related to a lack of knowledge from health care professionals. Although it is well documented in the literature that inadequate pain education is a major contributing cause there continues to be a significant lack of pain education in pre-registration programs.

The Essential Pain Management (EPM) programme was developed by Australia and New Zealand Faculty of Pain Medicine the aim of the course was to address the growing knowledge gaps of professionals in relation to pain in a simple and easy format, EPM has now been adopted worldwide with courses being held internationally. The course is a half day workshop that aims to cover the principals of pain physiology, assessment and management. It introduces learners to a systematic method for the assessment and management of pain in the form of the RAT system (Recognition, Assessment and Treatment).

## Aim

To evaluate the efficacy of the EPM programme as a tool for improving health care professionals knowledge surrounding pain assessment and management.

## Methods

Participants on EPM course's were asked to complete a pre and post course questionnaire as designed by EPM UK.

The Pre Course consisted of 25 true or false questions and the post course then had an additional 25 questions. For purpose of data analysis only the first 25 questions in the post course questionnaire were compared with pre course test to allow for meaningful comparison in results.

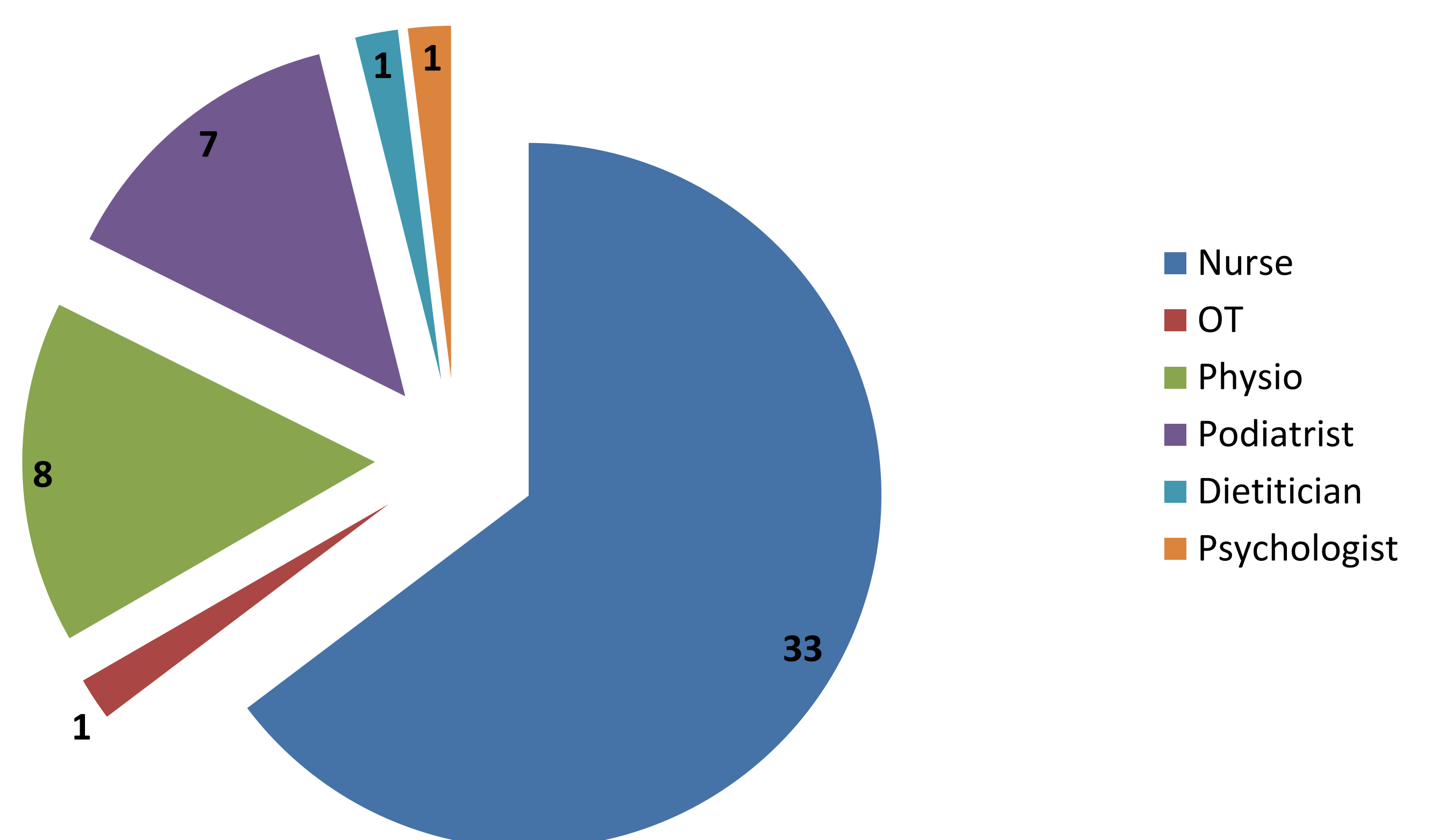
## Results

51 participants attended over 4 study days, 42 participants completed the pre course questionnaire With 4 being discounted as incomplete and 5 not returned. 46 participants completed the post course questionnaire with 4 being discounted as incomplete and 1 not returned.

80% of participants reported that they did not have any formal pain education during undergraduate study with a further 98% reporting that they felt current pain education in the undergraduate setting was in-adequate.

Mean knowledge score in the pre-course questionnaire was 69.04%, following the study day this increased to 73.82% in the post questionnaire.

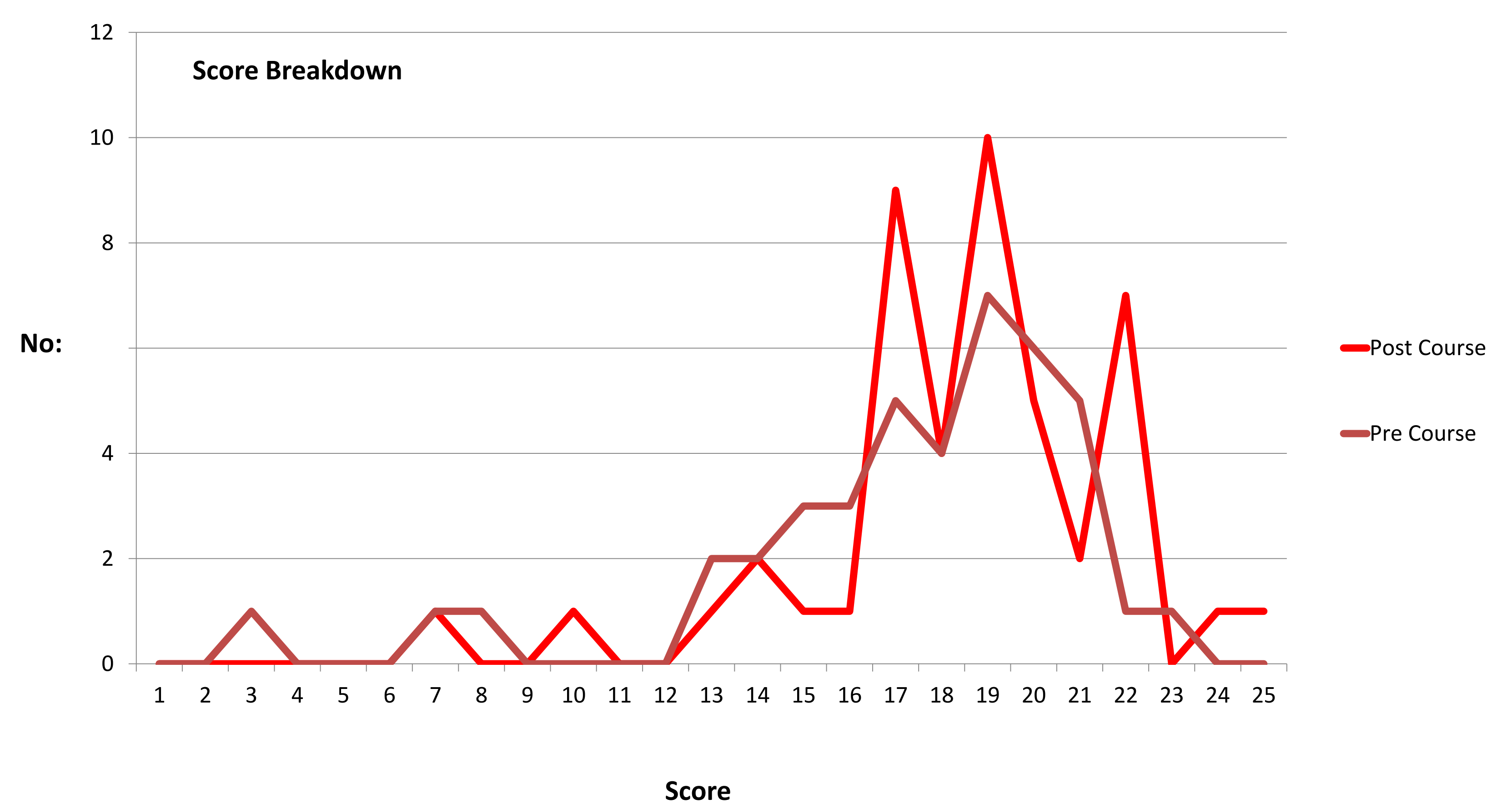
Participants Professional Group



## Conclusion

The vast majority of participants did not have any formal pain education during their undergraduate training and almost all of participants felt that current pain education was inadequate. This is in keeping with current literature which suggests that pain education is variable across the UK (Ung *et al* 2016, Briggs *et al* (2009).

The results demonstrate the EPM teaching resulted in an increase in post course test scores which would indicate that it is an effective method of improving pain knowledge. The use of EPM programme will now be incorporated into all pain teaching across the trust with the aim of standardising the RAT model as method of assessing and managing pain.



## Reference List:

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