

**University Health Network – Toronto Rehab**  
**Physical Medicine & Rehabilitation, University of Toronto**  
**Chronic Pain Rotation**  
**\*Competencies – Goals and Objectives\***

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**General Requirements:**

1. 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)
2. Demonstrate diagnostic and therapeutic skills for ethical and effective patient care
3. Demonstrate effective consultation skills with respect to patient care, education and medical-legal opinions
4. 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**

1. 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
2. Demonstrate knowledge of the nociceptive pain progression to chronic mechanical pain and neuropathic pain and the associated psychosocial burdens
3. Discuss pain syndromes including myofascial pain, fibromyalgia and complex regional pain syndrome (CRPS)
4. Demonstrate an awareness of cancer rehabilitation pain in comparison to chronic non-cancer pain
5. Perform a focused musculoskeletal physical examination of the musculoskeletal and neurological systems with a focus on **distinguishing** between mechanical nociceptive pain versus neuropathic pain
6. 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
7. Describe the use of interventional therapeutic procedures for pain including:
  - Trigger point injections
  - Soft tissue injections
8. Demonstrate effective use of oral and topical chronic non-cancer pain medications, including opioids, analgesics, neuropathic medications, antidepressants
9. 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
10. 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)
11. Describe the importance of psychological approaches to chronic pain management, including self-management, cognitive behavioural therapy, mindfulness, as well as acceptance commitment therapy (ACT)

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**Communicator:**

1. Demonstrate the ability to communicate with and counsel patients and families effectively regarding chronic non-cancer pain.
2. Provide clear and concise oral reports that include the diagnoses, treatment plan and follow-up plan.
3. Provide clear and concise written reports that include the diagnoses, treatment plan and follow-up plan.
4. Demonstrate the ability to write prescription for restricted medications that comply with provincial legislative guidelines.
5. 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:**

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

**Leader:**

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

**Health Advocate:**

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

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**Scholar:**

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

**Professional:**

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