University of Toronto
Interfaculty Pain Curriculum

Judy Watt-Watson RN MSc PhD
Professor Emeritus
Executive, UofT Centre for the Study of Pain
Senior Fellow, Massey College
Associate Scientific Staff, Department of Medicine, Mt Sinai Hospital
Disclosure

- Nothing To Disclose.
- No off-label or investigational use of drugs or products will be discussed.
Interfaculty Prelicensure Pain Curriculum

Dentistry, Medicine, Nursing, Pharmacy, Physician Assistants, Occupational Therapy, Physical Therapy

2002 (N=560) to 2018 (N=991)
IPC Goals

Graduates will understand that pain is a unique and frequently encountered problem that can require comprehensive, collaborative management.

Graduates will begin to develop the skills required to give evidence-based clinical judgments needed for pain assessment and management, within their individual and interprofessional team scope of practice.
Authors
Laura Murphy, Leila Lax, Renata Musa, Sylvia Langlois, Sharona Kanofsky, Judith Hunter, Dinesh Kumbhare, Sara Promislow, Jon Oskarsson, Robyn Davies, Lynn Cockburn, Maureen Barry, Aleksandra Bjelajac Mejia, Jose Lanca, Thuan Dao, Judy Watt-Watson, Bonnie Stevens

Background
- UTCSP-IPC
- 15 years, now involves 7 health professions
- 20 hours pain-focused sessions (IP didactic/panel, IP small groups case-based)
- Pre-post tests showed a narrower range of improvement, students entering with more pain knowledge

Past themes in the literature
- Lack of pain education, focus on generalized topics
- Teaching within silos of each discipline
- Disjoint between pain education and clinical practice
- Growing need for education specific to opioids identified in the literature
- Lack of confidence and capability of opioid management in practice
UTCSP-IPC 2018 Participants

UTCSP-IPC 2018 Students (991)

- Dentistry: 120
- Medicine: 256
- Nursing: 174
- Occupational Therapy: 91
- Pharmacy: 231
- Physical Therapy: 89
- Physician Assistant: 30
<table>
<thead>
<tr>
<th>Monday, March 19, 2018</th>
<th>Tuesday March 20, 2018</th>
<th>Wednesday, March 21, 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>8:30am-9:30am</strong></td>
<td><strong>8:30am-9:45am</strong></td>
<td><strong>8:30am-9:30am</strong></td>
</tr>
<tr>
<td>Pain: Mechanisms and Manifestations (Online Module)</td>
<td><strong>Concurrent Sessions</strong></td>
<td><strong>Opioids as a Component of Pain Management, an Interprofessional Responsibility (Online Module)</strong></td>
</tr>
<tr>
<td><strong>9:30am-12:30pm</strong></td>
<td><strong>9:45am-10:15am</strong></td>
<td><strong>9:30am-12:00pm</strong></td>
</tr>
<tr>
<td>Introduction: Patient Panel, Interprofessional Panel</td>
<td>Break</td>
<td><strong>Teams meet independently CASE: Persistent Pain Management</strong></td>
</tr>
<tr>
<td><strong>12:30pm-1:30pm</strong></td>
<td><strong>1:00pm-4:00pm</strong></td>
<td><strong>12:00pm-1:00pm</strong></td>
</tr>
<tr>
<td>Break</td>
<td><strong>Facilitated Interprofessional Teams – Patient CASE: Acute Pain Assessment</strong></td>
<td><strong>Break</strong></td>
</tr>
<tr>
<td><strong>1:30pm-4:30pm</strong></td>
<td><strong>Teams meet independently CASE: Acute Pain Management</strong></td>
<td><strong>Facilitated Interprofessional Teams CASE: Persistent Pain Management for a person with persistent pain</strong></td>
</tr>
<tr>
<td>Profession Specific Perspectives</td>
<td><strong>1:00pm-4:00pm</strong></td>
<td><strong>1:00pm-4:00pm</strong></td>
</tr>
</tbody>
</table>
Mandatory Modules

- Opioids as a Component of Pain Management: An Interprofessional Responsibility
  A patient-based Interactive Module

- Pain Mechanisms and Manifestations

- Patient-centred cases
- Several quizzes
## 2018 IPC Concurrent Sessions

<table>
<thead>
<tr>
<th>Session (Choice of 2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Opioid use and its associated harms in Ontario: A balancing act</td>
</tr>
<tr>
<td>2. Issues and Challenges in Cancer Pain</td>
</tr>
<tr>
<td>3. Complementary and Alternative Medicine</td>
</tr>
<tr>
<td>4. Healing the mind, body, spirit and emotion: how Indigenous approaches to wellness can inform holistic &amp; integrated pain management</td>
</tr>
<tr>
<td>5. Pharmacology of Pain</td>
</tr>
<tr>
<td>6. Headaches - Clinical Relevance and Differential Diagnosis</td>
</tr>
<tr>
<td>7. Hitting the High Points on Cannabis for Pain</td>
</tr>
<tr>
<td>8. Mindfulness</td>
</tr>
</tbody>
</table>
N= 991 students ➔ 33 Groups ➔ 99 Teams

Group 1
(30 students)

- Dentistry
- Medicine
- Nursing
- Occupational Therapy
- Pharmacy
- Physical Therapy
- Physician Assistant

Team A
(10)

Facilitator

Team B
(10)

Lead Facilitator

Team C
(10)

Facilitator
Facilitator Training (N~90)

Manual & Orientation Session:

• Outline objectives/timing for moving through the cases.

• Address interprofessional nature of facilitating the groups.

• Discuss strategies for encouraging respect and positive discussion.

Feedback Session
Interprofessional Small Group Work: Persistent pain management plans

Patient cases:

• Gerald Robertson  
  *(squamous cell lung cancer)*

• Julie Wu  
  *(juvenile idiopathic arthritis)*

• Frank Aweida  
  *(traumatic amputation)*
Student Comments

• “the cases brought all professions together...showed us we all had a valuable role in pain management”

• “made me realize how pain may impact every area of a patient’s life”

• ”able to see & hear problem solving approaches from different health professionals”

• "I have increased respect for other professions and their roles in patient care"
UTCSP-IPC 2018 Participants

2018 IPC Speakers (14)

- Dentistry: 1
- Medicine: 4
- Nursing: 1
- Pharmacy: 5
- Physical Therapy: 1
- Psychology: 1
- Social Work: 1

2018 IPC Facilitators (87)

- Dentistry: 3
- Medicine: 17
- Nursing: 18
- Occupational Therapy: 4
- Pharmacy: 28
- Physical Therapy: 16
- Physician Assistant: 1
Interfaculty Pain Committee
IPC Program Evaluation

I. Student Pain Knowledge and Beliefs Pre- and Post-test questionnaires (online)

II. Student Daily Content and Process Questionnaires: Monday, Tuesday and Wednesday of the UTCSP-IPC (online)

III. Evaluation of students’ Interprofessional Pain Management Plans, from small groups (Upload on the Blackboard)

IV. Student Interprofessional Collaboration Assessment Rubric (ICAR) (online)

V. Assessment of Interprofessional Collaboration in Student Learning Scale (online)
1. Pain Knowledge and Beliefs Questionnaires

- 2002 PKB: increased 17% [pretest (66%) - post-test (83%)(p= 0.001)].
- 2018 PKB: increased 7% [pre-test (74%) - post-test (81%) (p=0.0001).

2. Daily Process and Content Questionnaires

Overall student satisfaction ratings were higher than last year; any lower ratings were related to logistics.
3. Interprofessional Pain Management Plans

• 99 care plans from 99 teams submitted.

• 10 care plans from each of 3 cases randomly selected for analysis (n=30).

• Reviewed by 2 raters: scored against an assessment rubric

• Range: 8.3 to 12.6/13; overall average score = 11 (85%).
Pain interprofessional curriculum design (PICD) model

PATIENT CENTRED
Pain Assessment & Management


Competency-based
Content
Context
Collaborative
Dynamic
Community
Culture

Interrelated
Conclusion:

• IPC is iterative based on yearly feedback.

• Ongoing challenges for sustainability include:
  • Addressing student diversity & interests.
  • Providing ongoing reporting to those with curriculum authority.
  • Maintaining involvement of faculties & agencies.
  • Examining impact on practice.
Acknowledgements

Dr. Bonnie Stevens
Director, UTCSP