



BC Provincial Pain Initiative: Education Strategy

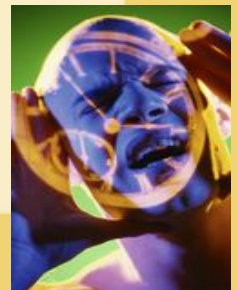
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May 27, 2008

Overview of Presentation

1. Locate Education Strategy in the overall initiative.
2. Purpose and scope of the Education Strategy.
3. The Education Strategy Framework.
4. What can you do?

Improving Pain Care in BC: History

- Community & Provider Engagement
 - clarified pain management, system-level, professional, and inter-professional issues
- Key enablers were identified
- Provincial strategy initiated May 2007
- February 2008:
 - Collaboration with BC Ministry of Health



BC Provincial Pain Initiative: Health promotion principles

- Interdisciplinary/Intersectoral action
- Reorienting health services
- Building public policy
- Advocacy
- Strengthening community action



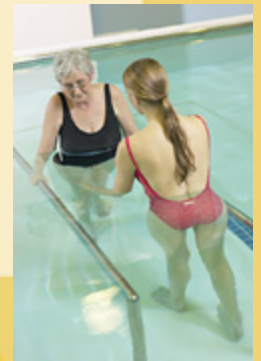
Education: Prerequisite of Health

- Education is a prerequisite in population-based initiatives to improve health:
- Community and provider engagements indicated the need for:
 - education on pain care for the public and health professionals
 - action to change health professional curricula



Why education?

- Prepares health professional students and practitioners to be competent with:
 - Pain assessment, pharmacological and non-pharmacological management;
 - Complex pain situations eg addictions, children, the elderly, acute on chronic pain, end-of life pain care.
- Educates the public to ensure:
 - healthful self-care
 - skills for negotiating care with health professionals.
- Generates clinical leaders in pain care.



Education Framework: Criteria

- Address pain management across the spectrum from prevention to end-of-life care;
- Meet educational needs of:
 - patients and families/caregivers;
 - all interdisciplinary health care providers, including students;
- Meet cross-sectoral care environment needs for pain management, acute, community, residential, and mental health and addiction;
- Support evidence-informed practice
 - systematic reviews of the literature
 - consultation with pain experts.



Guiding Principles: Education Framework

Principle #1 : Mobilize Educational Resources

- ***Do not reinvent the wheel:*** Search for, find, and use developed resources;
- Align educational efforts with existing programs that address pain care;
- Draw on the expertise of people with pain in the process of delivering educational programs;
- Provide front-line care providers with support to develop knowledge and skills.



Excerpt: Participant comment on the BC Arthritis Self-Management Program

- *"I was hesitant to come to this course because I felt like there is no cure for rheumatoid arthritis anyway. However, I really loved the course it made me feel like there is so much that is under my control (exercise, attitude, pain management) even though I can't control the rheumatoid arthritis."*

Guiding Principles: Education Framework

Principle #2: Integrate efforts within the BC Provincial Pain Initiative

- Language of the overall initiative must be consistent across all target groups - patient, caregiver, provider, and community facilitator groups;
- All BC Provincial Pain Initiative working groups must work with the same information.

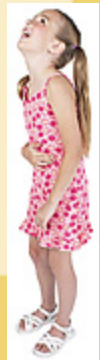


Guiding Principles: Education Framework

Principle #3.

Apply current teaching/learning theory

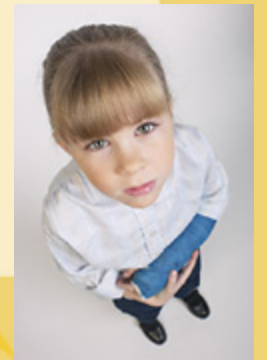
- Provide comprehensive education about pain across all health professions;
- Employ process-oriented teaching methods and a learner-centered model of education;
- When teaching, address beliefs and attitudes about pain;
- Draw on health literacy literature.



Education Strategy Deliverables

Patients and Families/Caregivers

- Review the Tool Kits of established pain programs making recommendations;
- Website;
- Align work with community-based Chronic Disease Management education programs;
- Review educational materials from other jurisdictions and make recommendations;
- Recommend an evaluation process of the education framework to ensure continuous improvement in pain care.



Education Strategy Deliverables

Providers

- Advocate for continuing health professional education;
- Advocate for the specialty education in pain care;
- Address curricular issues in health care professional education in pain care;
- Consult with key academic leads regarding issues of pain care in undergraduate, graduate, and postgraduate curricula;
- Website.



Ends-in view: Education Strategy

- Pain care improves in British Columbia;
- People with pain are empowered to manage their pain more effectively through education;
- Health professionals will learn that effective pain care not only improves the quality of life of the person in pain, but also improves the quality of work life of the health professional.



What can you do?

- We need your help. Improved pain care cannot be ensured by the health sector alone.
- Coordinated action by: by governments, health and other social and economic sectors, by nongovernmental and voluntary organization, by local authorities, by industry and by the media is required.
- People in all walks of life can be involved as individuals, families, communities, and social groupings.
- Mediate between differing interests in the pursuit of improved pain care.
- Advise on local needs and issues.

Acknowledgements

BC Provincial Pain Initiative:
Education Working Group

Betty Downey
Greg Feehan
Janice Muir
Michael Negraeff
Gerry O'Hanley
Brenda Poulton
Pam Squire
Terje Salhus
Lucille Taylor

Cher Leung – Support staff