

# Postgraduate 2-years studies Pain Medicine supported by IASP



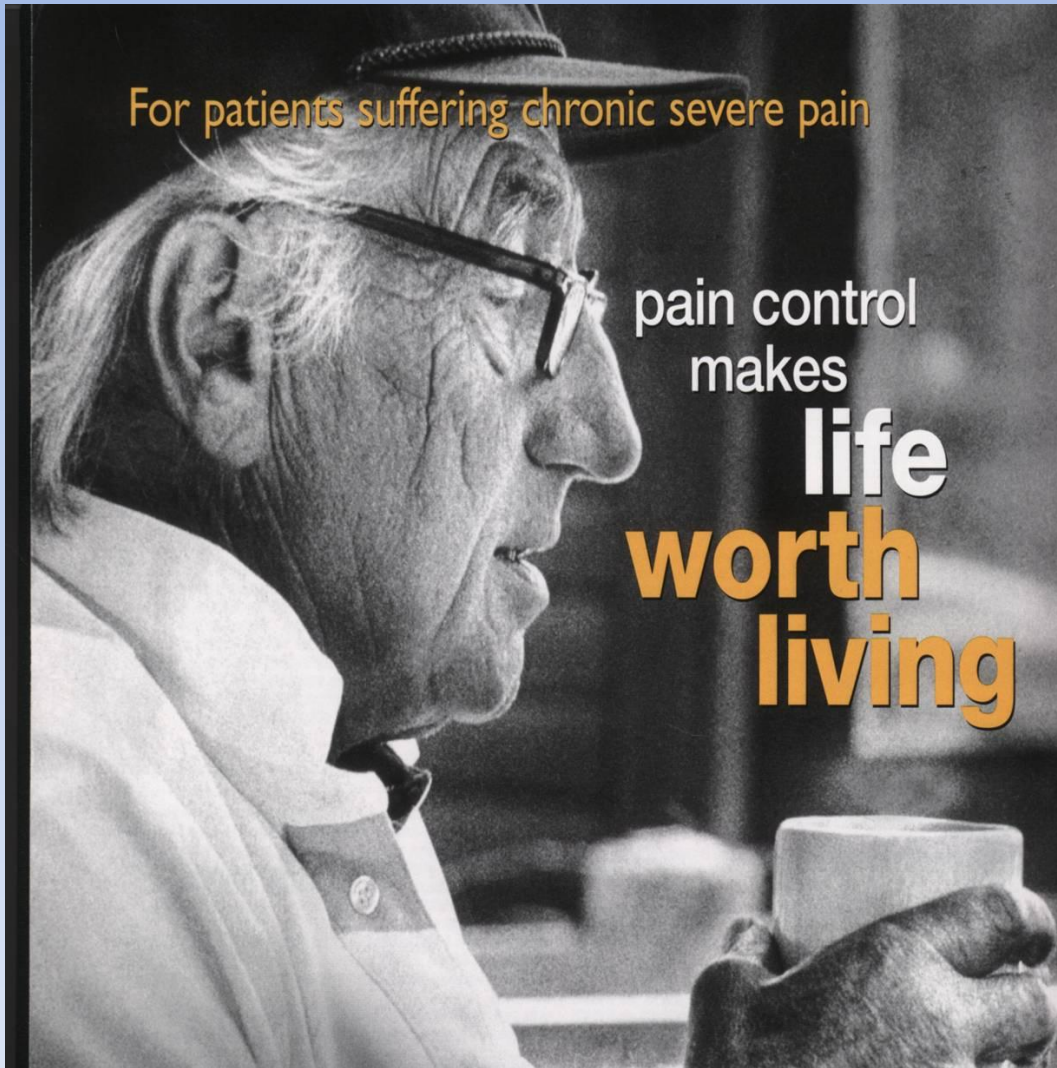
**Jan Dobrogowski**

*President of Polish Pain Society*

*Head of Department of Pain Research and Therapy*

Chair of Anaesthesiology and Intensive Care

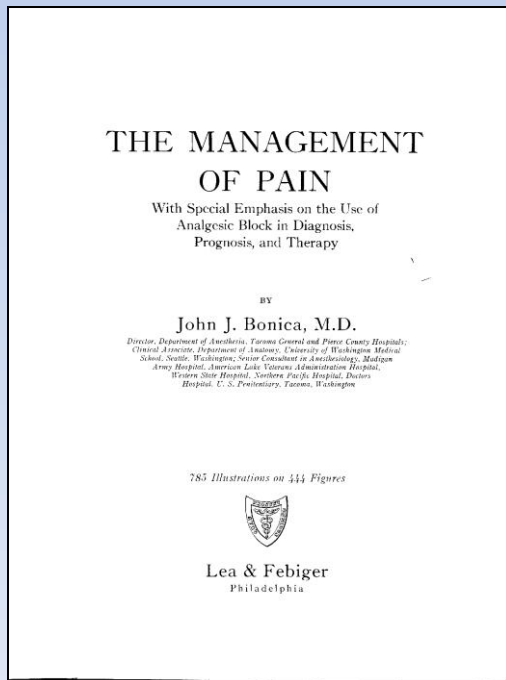
Jagiellonian University, Collegium Medicum



Aging of society together with an increase of average life span, and growing awareness of importance of pain management challenges us to ensure appropriate training in pain medicine and palliative care addressed to medical doctors.

# Current status of pain therapy 1983

- Inadequate sources of other information such as books, journals available for the education.
- The lack of appreciation by teachers and clinicians of the differences between acute and chronic pain.



• Inadequate or improper application of the knowledge and therapies currently available

• Lack of organized teaching of medical students and physicians.

# Education in Poland 2010:

- lectures and seminars for students of Faculty of Medicine
- courses:
  - chronic pain
  - acute pain
  - palliative care
- 2 years postgraduate education for physicians

# Undergraduate education

## Pain Medicine

**1st year (Medical Faculty) – lecture: „Pain anatomy”(2h)**

**5th year (Medical Faculty) – lecture: „Actuate and chronic pain treatment” (2h)  
seminar (2h)**

**6th year (Medical Faculty) - lecture: „Pain treatment in cancer patients” (2h)  
seminar (2h)**

**Optional lectures (facultative) „Pain medicine” – 30 h**

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**3rd and 4th year (Health Science Faculty) - „ Actuate and chronic pain treatment” (6h)**

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**5th year (Pharmacy Faculty) – lecture „ Pharmacotherapy of Pain” (2h)  
seminar (2h)**

# **Postgraduate education:**

## **Anaesthesiology and Intensive Care specialty**

**Obligatory course – diagnosis and treatment of pain**

**Practice in Pain Treatment Clinic lasting 4 weeks**

**Validation course – acute and chronic pain**



## Postgraduate Medical Training Centre of Jagiellonian University

- The Postgraduate Medical Training Centre of Jagiellonian University is an interdepartmental unit whose most important aim is to facilitate the access to the most recent developments in different fields of medicine. Because of a dynamic progress of medical knowledge and new approaches to treatment it is necessary to ensure continuous education not only to young doctors but also those who are more experienced and in a specialized practice.

# The history of Jagiellonian University in Krakow



→ The University was established in **1364** (started functioning practically only in 1367) and consisted of three faculties only:

**liberal arts, medicine and law**

→ The high academic status of the University was reflected in the fact that in the years **1433 - 1510** as many as 44 per cent of the students came from other countries than Poland.



→ The University educates on the three levels: Ordinary, Masters, and Doctoral, following the principles of the Bologna Process. There are well over a hundred degrees and specialties available in Polish, as well as over a dozen in English. The European Credit Transfer System (ECTS) has been implemented in all courses and specialties.

→ Nowadays the structure of the University is unique in Poland. Among the 15 faculties, there are three which comprise the Collegium Medicum:

**The Faculties of Medicine and Dentistry, Pharmacy, and Health Protection.**





## Postgraduate Medical Training Centre of Jagiellonian University

**The main activities of Postgraduate Medical Training Centre of Jagiellonian University concern:**

- 1) Within the limit of postgraduate training:
  - Organize obligatory courses for specialty training for Physician and Dentists
  - Since 2003 provide the organizing the specialty training for Małopolskie, Świętokrzyskie and Podkarpackie Province
  - Organize non-obligatory courses improving skills



## Postgraduate Medical Training Centre of Jagiellonian University

- 2) Appoint of the examination commissions to carry the specialty examinations.
- 3) Coordinate of postgraduate training and specialty training of foreign medical doctors.
- 4) Publishing activity – publication the scientific medicine materials.



## Postgraduate Medical Training Centre of Jagiellonian University

### 5) Organize the postgraduate studies:

- The Pain Medicine since 2007
- The Essential of Psychotherapy
- The Particular Problems of Psychotherapy
- The Essential of Therapy Acting in Youth Age
- The Geriatrics and long-term care since 2010



# Postgraduate Medical Training Centre of Jagiellonian University

**POSTGRADUATE STUDIES**

## **PAIN MEDICINE**

***The Postgraduate Medical Training Center of Jagiellonian University in cooperation with the Polish Pain Society organize postgraduate studies "Pain Medicine" for medical doctors and dentists (MDs who obtained clinical specialization, DMDs). The program was approved by the Senate of Jagiellonian University in Krakow in October 2006.***

***The studies are the first and exceptional project in Europe.***

***“Core Curriculum for Professional Education in Pain” J.E. Charlton.***

According to the regulation 27 June 2007  
of the Ministry of Health  
regarding the abilities in medical skills  
or giving specified health services  
(Dz.U.07.124.867)

**The studies prepare candidates to the  
state examination in pain medicine**

# **The postgraduate studies – PAIN MEDICINE** **are designed for:**

doctors, dentists and doctors of other specialties  
interested in pain treatment.

## **The goal of the studies:**

- Improving knowledge and skills in pain treatment on the basis of current medical knowledge
- Improving pain treatment methods
- Clinical practice

# **The postgraduate studies**

## **PAIN MEDICINE**

### **Short description:**

Students Intake will be once a 2 years

**4 semesters (in total 270h):**

**every other week, Saturday to Sunday sessions**

Additionally, there will be a 80 hours clinical practice at the Department of Pain Treatment and Clinic of Pain Management of Medical College of Jagiellonian University.

Final examination after the 4<sup>th</sup> semester will be organized, including oral and written parts.



1st edition: 2007 – 2009

2nd edition: 2009 –  
2011

3rd edition: 2011 - 2013

Admission limit: 150

Fee: 5 200 PLN

The next program will begin in March 2011 and last till February 2013. In the first year there will be 9 sessions, in the second 8 sessions.

# INTERNATIONAL ASSOCIATION FOR THE STUDY OF PAIN®

**12th WORLD CONGRESS ON PAIN**

**August 17 - 22, 2008**

**Glasgow, Scotland, UK**

August 10, 2007

Re. IASP Initiative for Improving Education Grant

Dear Dr. Dobrogowski,

Congratulations on your successful application for a 2007 grant under the IASP Initiative for Improving Pain Education. We are very pleased that you will be using this grant to further pain education in your country and appreciate your work in the field of pain.

Below are some details and formalities of the grant that we would like you to read, sign and return to IASP by fax: 206-283-9403

If you have any questions regarding the grant or its use, please contact the IASP office.

Again, I congratulate you and extend our best wishes for a successful project

Troels Jensen, MD PhD

President, IASP

# **The postgraduate studies**

## **PAIN MEDICINE**

### **Plan of study:**

**LECTURES - 172 h (*17 sessions*):**

**PRACTICAL - 104 h:**

- **Difficult cases -10 h**
- **Clinical practises - 80 h**
- **Exams - 14 h**

# **The postgraduate studies**

## **PAIN MEDICINE**

**Topics covered: (according to IASP Core Curriculum):**

### **General:**

Anatomy and physiology. Pharmacology of pain transmission and modulation. The development of pain systems. Evidence Based Medicine – designing, reporting and interpreting clinical research studies about treatment for pain. Animal models of pain and ethic of animal experimentation. Ethical standards in pain management and research.

In addition other topics are included:

**invasive methods of pain treatment, regional anesthesia, pharmacology of LA, current ALS guidelines.**

# **The postgraduate studies PAIN MEDICINE**

**Topics covered: (according to IASP  
curriculum):**

## **Assessment and Psychology of Pain:**

Pain measurement in humans. Placebo and Pain.

Clinical Nerve function studies and imaging.

Epidemiology. Psychosocial and cultural aspects of pain. Sex and gender issues in pain.

# **The postgraduate studies**

## **PAIN MEDICINE**

**Topics covered: (according to IASP curriculum):**

### **Treatment of Pain:**

Pharmacology – Opioids. Antipyretic analgesics: nonsteroids, acetaminophen, and phenazone derivatives.  
Miscellaneous agents

Other methods – Psychological treatment (cognitive-behavioral and behavioral interventions). Psychiatric treatment. Stimulation-produced analgesia. Interventional pain management including nerve blocks and lesioning.  
Surgical pain management. Physical medicine and rehabilitation. Work rehabilitation. Complementary therapies.

# The postgraduate studies

## PAIN MEDICINE

Topics covered: (according to IASP curriculum):

### **Clinical States:**

Taxonomy – Taxonomy of pain syndromes

Tissue Pain – Acute and postoperative pain. Cancer pain. Cervical radicular pain. Neck pain. Lumbar radicular pain. Low back pain. Musculoskeletal pain. Muscle and myofascial pain.

Visceral pain – Visceral pain. Chronic urogenital pain. Pain in pregnancy and labor.

Headache and facial pain – Headache. Orofacial pain.

Nerve damage – Neuropathic pain. Complex regional pain syndromes

Special cases – Pain in infants, children and adolescents. Pain in older adults. Pain issues in individuals with limited ability to communicate due to cognitive impairment. Pain relief in substance abusers.

# Example of the session

## SESSION VI:

<b>Depression and pain . Psychiatric treatment</b>	<b>2</b>	<b>Dr hab. n. med. Dominika Dudek</b>
<b>Intervention pain management including nerve blocks and lesioning</b>	<b>2</b>	<b>Dr n. med.Małgorzata Malec-Milewska</b>
<b>designing, reporting, and interpreting clinical research studies about tretments for pain: evidence-based medicine</b>	<b>1</b>	<b>Prof. dr hab. n. med. Andrzej Kubler</b>
<b>Ethical Standards in Pain managment and research</b>	<b>1</b>	<b>Prof. dr hab. n. med. Andrzej Kubler</b>
<b>placebo and pain</b>	<b>1</b>	<b>Prof. dr hab. Andrzej Kubler</b>
<b>complementary therapies</b>	<b>1</b>	<b>Dr n. med. Anna Przeklasa-Muszyńska</b>
<b>Neurosurgical treatment</b>	<b>2</b>	<b>Dr hab. n. med. Stanisław Kwiatkowski</b>
<b>taxonomy of pain syndromes</b>	<b>2</b>	<b>Prof. dr hab. med. Jan Dobrogowski</b>





Medyczne Centrum  
Kształcenia  
Podyplomowego  
Uniwersytetu Jagiellońskiego

# DYPLOM

*dr hab. n. med. Hanna Łopatecka*

ukończyła

w Uniwersytecie Jagiellońskim  
Dwuletnie Podyplomowe Studia Doskonalące

## *Medycyna Bólu*

organizowane przez  
Medyczne Centrum Kształcenia Podyplomowego  
Uniwersytetu Jagiellońskiego

Zakład Badania i Leczenia Bólu  
Katedry Anestezjologii i Intensywnej Terapii  
Uniwersytetu Jagiellońskiego Collegium Medicum

Klinikę Leczenia Bólu i Opieki Paliatywnej  
Katedry Chorób Wewnętrznych i Gerontologii  
Uniwersytetu Jagiellońskiego Collegium Medicum

w terminie 17 marca 2007 do 14 lutego 2009  
w Krakowie

Dr hab. n. med., prof. UJ Jan Dobrzański  
Kierownik Naukowy Studiów

Dr hab. n. med. Jerzy Wardziński  
Dyrektor Medycznego Centrum Kształcenia Podyplomowego  
Uniwersytetu Jagiellońskiego

Participants receive educational materials and obtain “The Certificate of Pain Medicine”. Lectures, seminars and workshops are held by pain treatment specialists, psychologists, orthopedic surgeons, neurologists, psychiatrists, biologists (basic scientists), and physiotherapists.



**Our students (2007 – 2009)**





**Thank you for your attention**