



# PAIN Magazine

2019

SOCIETY FOR TREATMENT & STUDY OF PAIN®



PAKISTAN

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## Patron's Message

Brig M. Salim, SI(M)

By the grace of Allah Almighty, the past decade has seen a rapid progress in the field of pain management in Pakistan. This glorified development has not only been witnessed in the field of academics, but the practice of pain medicine has also achieved many milestones in the country.

First international pain congress was held in 2015 at Islamabad, followed by the Paincon-2, which was held in 2018. Paincon-3 has been scheduled to be in Lahore in year 2020. To establish a sound scientific basis for practice in Pain Medicine and fill the wide knowledge gap, a Masters degree in Pain Medicine was started by the Riphah International University Islamabad in 2005. Through a joint effort of leading pain consultants, in 2014, CPSP approved Fellowship in Pain Medicine (FCPS), which is a senior post-fellowship diploma after fellowship in anesthesiology. First two accredited centers at Rawalpindi and Multan are now imparting training, and few more centers are expected to join the club soon.

STSP has regularly organized free camps for pain patients in remote areas around major cities of Pakistan as a service to the people of the country. The future of Pain Medicine is bright in Pakistan.



## President's Message

Brig (R) Asif Gul Kayani

As an IASP chapter, STSP has worked in close collaboration with international pain societies and organizations, including World Institute of Pain (WIP) and others. Our centers have won monetary awards for research and training in Pain Medicine. Our members have also participated in WIP and IASP academic and guideline forming activities, and three of them have been awarded Fellowship in Interventional Pain Practice (FIPP). STSP is striving to improve the quality of education and training, facilitating the availability of drugs for chronic and cancer pain, to introduce guidelines or adapting the existing authentic guidelines for pain medicine practice relevant to our local conditions and resources, and to help establishment of pain clinics and pain centers in all major cities.

We have introduced a yearly calendar of forecast of academic events keeping in view the IASP global year theme. We believe that through a unified effort we have to consolidate and built upon our achievements which by any standard are quite significant. Our Patron Brig M. Salim is our inspiration and main driving force. May Allah bless him with a healthy, happy, prolonged life, Amin!

# Paincon-2, Islamabad

## *2nd Biennial Conference of Society for Treatment and Study of Pain, Islamabad*

**Paincon-2 was held on 26th to 29th January, 2018 and was jointly organized by the Society for Treatment and Study of Pain (STSP) and Shifa International Hospitals, Ltd., Islamabad, Pakistan. The conference took place at Islamabad Serena Hotel.**



The main theme of the conference was "Challenges of Pain Management in developing countries". It was a well organized event, and attended by a large number of National as well as International delegates. Experts from different parts of the world gathered and shared their experiences. The amount of work and quality of scientific program were praised by everyone.

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The Patrons of the conference were Prof. M. Salim and Prof. Zameer Rajpoot, whereas, Dr. M Ashraf played his part as the Convener. The President of the Organizing Section was Dr. Asif Gul Kiyani. Dr. Salman A. Saleem was the Conference Secretary. The Regional Coordinators included Prof. Gauhar Afshan (Karachi), Prof. Khalid Bashir (Lahore), Prof. Rana Altaf (Multan), Prof. Amjad Ali (Balochistan), Prof. Fiyyaz Akhtar Qureshi (KPK), Prof. M. Saleh Khaskheli (Sindh), Dr. Mubashar Iqbal (AJK) and Dr. Jaffar Ali (G.B). The Overseas Coordinators were Dr. Faisal Salim and Dr. Rubina Ahmed; the Satellite Coordinator was Dr. Safia Zafar, and the coordinators of the conference were Dr. M. Javed Iqbal and Dr. Wajiha Wali. The conference was loaded with vast knowledge, new advances and techniques in Pain Management.







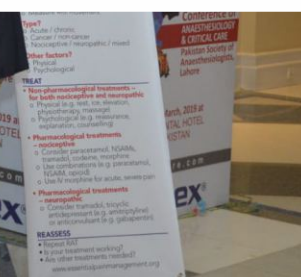
# Pain Symposium -

A collaboration of the Society for Treatment and Study of Pain and Pakistan Society for Anesthesiologists, Lahore

**Pain Symposium was held in Lahore as a part of Pakistan Society for Anesthesiologists Lahore on 11th March, 2018. It was a well-organized and well attended event, which was supervised by Dr. Khalid Bashir.**



The big names of Pain Management were Brig. M. Salim, Dr. Khalid Bashir, Dr. Salman Ahmed Saleem, Dr. Gen. Amjad Iqbal, Dr. Gauhar Afshan, Dr. Jamil Sabit, Dr. Anwar-ul-Haq, Dr. Haroon and Dr. Ateeq-ur-Rehman who shared their opinions about Acute Pain Management and Chronic Pain Management. Some of the highlights of the events are as follows.



# 18 Annual Pain Symposium 2

## Annual Pain Research Day



آغا خان یونیورسٹی ہسپتال  
The Aga Khan University Hospital

**Theme:**  
***“Bridging the Gap between  
Knowledge and Practice”***

18th Annual Pain Symposium was arranged by the Department of Anesthesiology, Aga Khan University Karachi on July 28-29, 2018. In line with the IASP theme of 'Global Year for Excellence in Pain Education', the theme of the symposium was “Bridging the Gap between Knowledge and Practice”.

Day 1: This day was marked by three workshops conducted by experts in the field. The first workshop “Epidural Placement and Management / Patient Controlled Intravenous Analgesia” was held for nurses and technicians. It was coordinated by Dr. Azhar Rehman and facilitated by Dr. Aliya Ahmed, Dr. Sidra Javed, Ms. Riffat Aamir and Ms. Deebea. The second workshop for physicians and trainees was on “USG Blocks of Greater Occipital Nerve / Acromioclavicular Joint / Suprascapular Nerve / Facet Joint”. It was coordinated by Dr. Nazeer Ahmed, and facilitated by Dr. Gauhar Afshan, Dr. Tanveer Baig and Dr. Asma Abdus Salam. The third workshop, also for physicians and trainees, was “USG Quadratuslumborum / Erector spine / TAP blocks”. It was coordinated by Dr. Muhammad Yasir, and facilitated by Dr. Ali Sarfraz Siddiqui, Dr. Shemila Abbasi, and Dr. Ausaf Ahmed.

Day 2: 'The Prof. Rehana Kamal Lecture', entitled “Objective Assessment of the Pain Trainee” was delivered by Dr. Naveed Yousuf, Associate Director of the Aga Khan Examination Board. The lecture was followed by a panel discussion on the same topic, moderated by Dr. Ali Sarfraz Siddiqui. The panelists were Dr. Rukhsana Zuberi, Dr. Gauhar Afshan, Dr. Aliya Ahmed and Dr. Safia Zafar Siddiqui.

The next presentation was on “Effective Pain Management is not possible without Appropriate Pain Assessment”, by Ms. Rozina Kerai, an experienced pain nurse at AKUH. Her presentation was followed by a panel discussion on the same topic, moderated by Dr. Robyna Irshad Khan. The panelists were Mr. Muhammad Taimoor, Dr. Azhar Rehman Dr. Shemila Abbasi and Dr. Nazeer Ahmed.

The last session consisted of free papers and moderated poster presentations. The judges were Dr. Mohsin Nazir, Mr. Amir Raza and Dr. Khalid Bashir. Best oral and poster presentation awards were presented to the winners. This was followed by presentation of the Lifetime Achievement Award to Dr. Ursula Chohan in recognition of her decades of dedicated services and her role in establishment of labor epidural services at AKU. The symposium ended with the concluding remarks and a scrumptious lunch.

### **Aliya Ahmed**

Professor of Anesthesiology  
AKUH, Karachi



# Pain Symposium and Workshop on USG Nerve Blocks



**Shifa**  
International  
Hospitals Ltd.

***1st National Scientific Congress 2018,  
Islamabad, Pakistan***



**Pain Symposium was conducted by the Pain Management Department of Shifa International Hospital at Pak-China Center in Islamabad, Pakistan, as a part of 1st National Scientific Congress on December 16, 2018.**

A pre-symposium workshop on Ultrasound guided Nerve Blocks was arranged at Shifa International Hospital. It was facilitated by Dr. Faisal Saleem, Dr. Ateeq-Ur-Rehman Ghafoor and Dr. Muhammad Zubair.

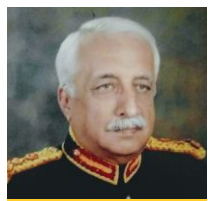
Main Symposium was attended by a huge number of members from all across Pakistan, which was followed by a panel discussion for which the topic was "Acute Pain Management - Setting a Team Approach".



# Pain Medicine Training Center at Combined Military Hospital, Rawalpindi

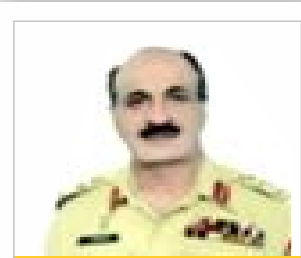


**Maj Gen Prof Amjad Iqbal**  
(First Supervisor)



**Brig Dr Asif Gul Kayani**  
(Second Supervisor)

Pain Management Center at Combined Military Hospital (CMH), Rawalpindi is the first department that was recognized for FCPS training in Pain Medicine in 2014. With Brig Dr. Sarfraz Khan Janjua as the Head of Department of Anesthesia, CMH is effectively providing training to the aspiring trainees. Being the first supervisor, Maj Gen Prof Amjad Iqbal trained Dr. Mudassar Iqbal, who was the first trainee to have received Pain Medicine training in this centre. Brig Dr Asif Gul Kayani also provided training as the second supervisor. Maj Gen Prof Liaqat Ali, being the third supervisor, has been training the new enrolled candidates since January 2016. The trainees include Dr. Majid Waseem (January 2016), Dr. Rashid Iqbal (July 2017), and Dr. Moazam (July 2019 – To date).



**Brig Dr Sarfraz Khan Janjua**  
(HOD Anesthesia)

## Trainees



**Maj Gen Prof Liaqat Ali**  
(Third Supervisor)



**Dr. Mudassar Iqbal**



**Dr. Majid Waseem**



**Dr. Rashid Iqbal**



**Dr. Moazam**

# 2nd Fellowship in Pain Management at Shifa International Hospitals, Ltd., Islamabad

Shifa International Hospitals, Ltd., Islamabad, Pakistan, was approved for Second Fellowship in Pain Management by College of Physicians and Surgeons Pakistan (CPSP) on 10th May, 2018.

It is the first department to get recognition in Pakistan among both public and private sector for 2nd Fellowship in Pain Management and is being supervised by Dr. Salman Ahmed Saleem.

## Trainees



**Dr. M. Zubair**



**Dr. Naveed Durrani**



**Dr. M. Hasan Wasim**



**Dr. Salman A. Saleem**  
HOD Pain Management



# 24 Hours Pain Services - A New Beginning at Shifa International Hospitals, Ltd., Islamabad



Shifa International Hospitals, Ltd., Islamabad, is the first institute in Pakistan to provide 24-hour Pain Management Services in the region, and is supervised by Dr. Salman A. Saleem. The team includes 3 qualified consultants, namely, Dr. Salman A. Saleem, Dr. Naveeda Zakriya and Dr. Muhammad Javed Iqbal. The service is also provided by four dedicated Pain Management staff and four on-call doctors on one in four call roster. The staff nurse and one on-call doctor is available 24 hours to provide rapid Pain Management Services to the patients who receive Post-Op Acute Pain Management Services as well as Palliative and Chronic Pain Management Services at its best. They are instructed to attend every pain call within 10 minutes.

Daily routine starts with 6:00 am round of post call medical officer on duty who briefs the new on call doctor. Every morning a consultant, medical officers and a staff nurse on duty complete their morning round. The evening round is done by on call doctor and Associate Consultant Dr. Naveeda Zakriya. Patient satisfaction rate is very high. All the effective analgesia options including latest infusion sets, PCA machines and most effective IV analgesics are available round the clock and are given to patients on close monitoring system.



**Dr. Salman A. Saleem**  
HOD Pain Management



**Prof. Brig (R) M. Zameer**  
(Professor/Consultant Anesthesia  
& Pain Management)



**Dr. Navida Zakria**  
(Associate Consultant Pain Medicine)



**Dr. M. Javaid Iqbal**  
(Associate Consultant Pain Medicine)



# Second Fellowship in Pain Medicine: Nishtar Medical University Multan



Prof. Munir Ahmed, being the Chairman of Department of Anesthesiology, ICU & Pain Medicine at Nishtar Medical University has had the honor of becoming the first supervisor in Pain Medicine in public sector hospitals all across Pakistan. Dr. Munir Ahmed (Supervisor)

After the accreditation of the Nishtar Medical Institution for FCPS (Pain Medicine) by College of Physician & Surgeons Pakistan (CPSP), a program of Second Fellowship in Pain Medicine has been started in Nishtar Medical University, Multan with effect from January 2019.



**Dr. Munir Ahmed**  
(Supervisor)



**Dr. Farhan Rasheed**



**Dr. Kaleem Sattar**

## Nishtar Medical University Multan jubilates after having another supervisor in Pain Medicine

Dr. Nadeem Ahmed Khan (Supervisor) Nishtar Medical University Multan (NMU) is leading from the front in the field of Pain Management. It is the first public sector hospital in Pakistan approved for post graduate training in the FCPS pain medicine. The government should patronize the newly evolving field as it addresses the most important, fifth vital sign Pain, said Dr Munir Ahmad Choudhary, Head of department of ICU and Pain Management, NMU Multan and an executive member of Society for the treatment and Study of Pain (STSP) Pakistan.

Dr. Munir Ahmad, who is the first supervisor of the post graduate training program FCPS pain medicine in public sector hospital said that NMU Multan has become an emblem of prosperity in this field as there is an addition in the faculty of Pain Medicine after approval of supervisorship for Dr. Nadeem Ahmad Khan, Associate Professor Anaesthesiology in the university. He congratulated him and claimed that

his addition in the faculty will provide a solid foundation to the training program and the students will gain maximum benefit from his experience.

Dr. Munir Ahmad also expressed his joyous concerns on induction of two new PG trainees, Dr. Aatir Fayyaz and Dr. Usman Mohsin through central induction for FCPS Pain Medicine program. He congratulated them and stated that the department will be strengthened by new inductions and this will be helpful in providing facilities to the ailing humanity.



**Dr. Nadeem A. Khan**  
(Supervisor)

# Pain Medicine Department at Nishtar Medical University & Hospital, Multan

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The department of Pain Medicine, under leadership of Dr. Munir Ahmad, is already providing state of the art services in the fields of acute pain, chronic pain and interventional pain management. A consultant based OPD clinic provides services six days a week which provides evaluation, treatment and filter clinic for candidates needing intervention.

The department of Pain Medicine is well equipped and services of peripheral nerve blocks, radiological services and post procedure monitoring are provided by the dedicated team. The response from patients treated here is very satisfactory when inquired at follow up visits, stated by Dr. Munir Ahmad.

He also added that the department is providing assistance to the department of obstetrics and gynaecology for painless deliveries and epidural anaesthesia services to the selected candidates.

Focusing on the upcoming plans, Dr. Munir Ahmad also added that one day symposia and hands on workshops are planned in this calendar year and these CME activities will provide better understanding of recent advancements in the field.



## Pain Management Services in Labour Room

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Epidural room fully equipped for obstetrical patients of Nishtar Hospital and University, Multan provides Pain Management Services to the patients under supervision of worthy Dr. Munir Ahmad Chaudhary along with his four trainees of Pain Management.

There is a separate epidural room for the laboring patients, fully equipped with the latest Monitoring, Resuscitation, Anesthesia Machine, Entonox, Suction apparatus and trained staff.



# Pain Center at Peoples University of Medical & Health Sciences for Women, Nawabshah



Pain center at Peoples University of Medical & Health Sciences for Women Nawabshah (PUMHSW) is serving a large population of interior Sindh since 2009. During the year 2018, 3884 patients visited the center to get relief from different kinds of pain and benefitted from various modalities of Pain Management. Highest number was of patients suffering from knee pain followed by backache and frozen shoulder i.e. 1100, 907 and 239 respectively.

During the year 2018, our main focus remained on diagnostic genicular nerve block followed by therapeutic radiofrequency ablation of genicular nerve in patients suffering from osteoarthritis of knee joints.

Diagnostic blocks were performed in 71 patients, using a mixture of xylocaine and corticosteroid under fluoroscopy and pain was assessed after 24, 48 and 72 hours using visual analogue scale (VAS). After 2 weeks patients were assessed for pain relief and in 56 patients who responded with adequate pain relief after diagnostic block, radiofrequency ablation was performed under fluoroscopy. These patients are followed up after 1, 2, 4, 8 and 12 week post procedure to assess the efficacy of radiofrequency ablation and data is still being gathered to be published in near future.



# Pain Services at Mohi-Ud-Din Teaching Hospital, Mirpur, AJK

Pain Clinic was established at Mohi-Ud-Din Teaching Hospital in September 2017, which now includes two OPD days and OT list. Regular number of OPD is about 10 to 15 patients per day. We have 10 beds pain clinic ward in Surgical & Allied for indoor patients. Our patient encashment area includes peripheries of Mirpur city District Bhimber and District Samahni apart from Mirpur city. Our main referrals are Orthopedic, along with Neurosurgery and Surgical Department.

On our list routine procedures include Transforaminal Nerve Route Blocks, Facet Joint Blocks, Epidural Injections, Caudal Blocks and various nerve route blocks on average procedure list includes 2 to 3 patients. At Mohi-Ud-Din Teaching Hospital we have facilities of C-arm, Fluoroscopy and Ultrasonography. We are in close contact with DHQ Hospital Pain Clinic, who are also providing regular pain management facilities. We arrange regular meetings of STSP Azad Kashmir chapter for continuous improvement and promotion of our specialty. In March 2019 we have arranged a Pain Camp at Mirpur city in collaboration with PANAH Foundation which was a success. Our future plans include various workshops for skill development both at Mohi-Ud-Din Teaching Hospital and DHQ hospital.



# Acute Pain Service Programs at Civil Hospital, Karachi

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**Dr. Safia Zafar**  
Consultant Anesthesia



An Acute Pain Service has been recently started in Civil Hospital, Karachi for selected General Surgery Units. In this service we provide 24/7 cover for pain in the selected general surgery units.

## New Pain Management Centers all across Pakistan

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With the increasing interest in Pain Management, the following institutes are establishing their Pain Management Centers in major cities of Pakistan:

- Shaukat Khanum Hospital, Lahore, under the supervision of Dr. Ateeq-ur-Rehman
- National Hospital, Lahore, under the supervision of Dr. Usman Bashir
- Fauji Foundation Hospital, Rawalpindi, under the supervision of Maj Gen Prof. Liaquat Ali
- Abbasi Shaheed Hospital, Karachi, under the supervision of Prof Dr. Noor-ul-Haq
- Hayatabad Medical College, Peshawar, under the supervision of Prof Dr. Fiaz Akhtar Qureshi
- Jinnah Hospital, Lahore, under the supervision of Prof. Ashraf Zia
- Allied Hospital, Faisalabad, under supervision of Dr. Robina Firdous
- Shaikh Zayed Hospital, Lahore, under supervision of Dr. Syed Mehmood Ali
- Shaikh Zayed Hospital, Rahim Yar Khan, under supervision of Dr Abdul Majid Khan
- Victoria Hospital, Bahawalpur, under supervision of Dr Sajid Farooq
- Civil Hospital, Bahawalpur, under supervision of Dr Shahab-ud-Din
- Lahore General Hospital, under supervision of Prof Jodat Saleem

## State of the Art Pain Management Clinics in Pakistan

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In the private sector, the following state of the art Pain Management Clinics are functional all across Pakistan:

- Brig. M. Salim's Clinic, Rawalpindi
- Pain Clinic, Maj. Gen. Amjad Iqbal, Rawalpindi
- Pain Relief Clinic, Brig. Asif Gul Kayani, Rawalpindi
- Pain Clinic, Prof Khalid Bashir at Doctors Hospital, Lahore
- Al-Razi Healthcare Clinic, Dr Jamil Sabit, Lahore
- Pain Clinic, Dr Agha Sajjad at Hill Park General Hospital, and South City Hospital, Karachi



## Workshop on Ultrasound Guided Upper Limb Blocks, Karachi

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A workshop was conducted on 29th December 2017 at Civil Hospital, Karachi on Ultrasound Guided Upper Limb Blocks. In this workshop the candidates were shown sonoanatomy of upper limb, and were also given a chance to perform hands-on.



## Pre Congress Workshop of Paincon-2 on Fluoroscopic Guided Celiac Plexus Block, Karachi

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A cadaveric Fluoroscopic Guided Celiac Plexus Block was conducted on 12th January 2018 at Civil Hospital, Karachi as a Pre Congress Workshop of Paincon-2 in which candidates were given hands-on experience to perform Celiac Plexus Block.



## Pain Camp at Civil Hospital, Karachi

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Every year a free of cost Pain Camp is conducted at Civil Hospital, Karachi for patients with pain related issues in which free medicines and different kinds of pain blocks are offered.



## Workshop on Ultrasound Guided Lower Limb Blocks, Karachi

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A workshop was conducted on 20th April 2018 at Civil Hospital, Karachi on Ultrasound Guided Lower Limb Blocks. This was a cadaveric workshop in which the candidates were shown sonoanatomy of lower limb and were also given a chance to perform hands-on.



## Workshop on Ultrasound Guided Blocks for Shoulder Analgesia and Anesthesia, Karachi

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A workshop was conducted in which Dr. Tadas Kanana from United Kingdom performed and taught the candidates different blocks for shoulder analgesia and anesthesia on 14th November 2018 at Civil Hospital, Karachi.





# Interventional Pain Management Workshop at Ayub Medical Complex, Abbottabad

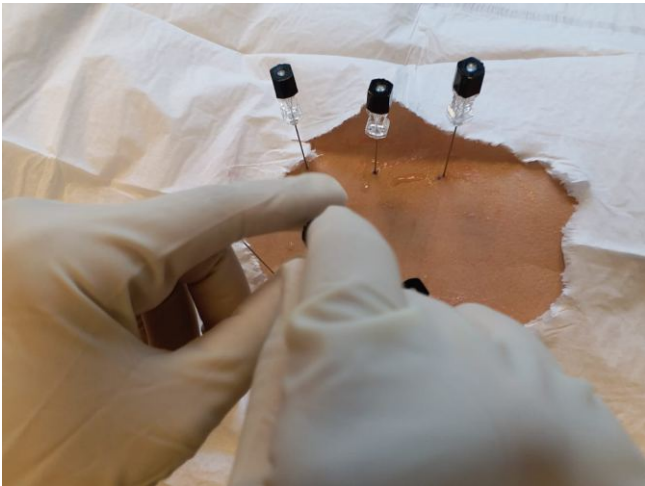
Ayub Medical Complex, Abbottabad conducted an Interventional Pain Management on March 31, 2019.



# Interventional Back Pain Hands on Workshop at Premier Pain Centers Dallas, USA

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Dr. Munir Ahmed attended an Interventional Back Pain hands on workshop at Premier Pain Centers on June 14, 2019 with Rao Kamran Ali at Dallas, USA.



# Interventional Pain Management at Peoples University of Medical and Health Sciences for Women, Nawabshah

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Peoples University of Medical and Health Sciences for Women (PUMHSW), Nawabshah conducted an Interventional Pain Management Workshop from 19th to 20th July, 2019. The Vice Chancellor of PUMHSW also presented Sindhi souvenirs to Dr. Salman Ahmed Saleem.

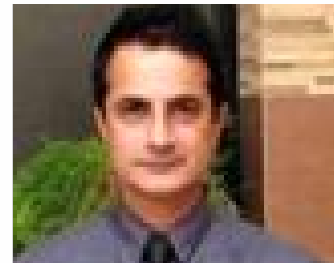




# Clinical Seminar on “Innovative Pain Management”

A three day clinical seminar on “Innovative Pain Management” was held in Peshawar, Rawalpindi and Islamabad on 26th, 27th and 28th July 2019, respectively. It was in collaboration with Starcox Pain Academy and Getz Pharma and also served as a commencement for Chronic Pain Management Clinic.

Being the speaker, Dr. Agha Sajjad, a Consultant Anesthesiologist and Pain Management Specialist, briefed the audience about Innovative Pain Management that provides collaborative, compassionate, holistic approach, with goal of improving the quality of life for those suffering from chronic pain. With this objective, this unique program was designed to address all of the complex issues that are associated with chronic pain by treating the patient as a person and not just as a patient.



**Dr. Agha Sajjad**  
(Speaker)



# Essential Pain Management in Pakistan; A New Beginning

With a purpose to improve pain assessment and treatment in low and middle income countries, Essential Pain Management (EPM) course was developed as an educational program by Australia and New Zealand College of Anaesthetists. The aim of the course is to provide a simple framework for managing pain, to improve knowledge of pain, and to explore ways of overcoming local barriers. The multi-disciplinary nature and cost-effectiveness of the program encourages early handover of teaching to local instructors. Although the initial focus of the program was to target low resource settings but the scope of the program has now broadened as evident by over 40 countries running the program.

Dr. Usman Bashir introduced EPM in Pakistan in March 2018 at Lahore General Hospital, a busy tertiary care public sector facility. EPM Advisory Group of the Faculty of Pain Medicine was responsible for providing mentorship and administrative support to allow successful launch of the project. A key factor in the success of Pakistan's first EPM workshop is attributed to the support provided by local leadership, notably Prof Jodat Saleem who provided administrative and funding related support to organisational matters and the President of the Society for Treatment and Study of Pain (STSP), Lahore, who formally inaugurated the first workshop and pledged to facilitate EPM and its related activities at a national level. The workshop was run alongside the annual conference of the Pakistan Society of Anaesthesiologists (PSA) where Dr. Usman Bashir was an invited guest speaker talking about Global inequalities in Pain Management and their solutions.

Overall, EPM and its related activity has started a positive momentum in Pakistan to improve awareness and treatment of inpatient pain management. EPM has acted as a structured educational tool for participants

and trainers, but it has also initiated number of targeted quality improvement activities through the identification of barriers and their solutions. This clearly reflects the involvement of eminent academics and leading consultants in anaesthesiology as local instructors, and demonstrates their pivotal role in the success of EPM in Pakistan.

This initial success allowed Shaukat Khanum Memorial Hospital, Lahore to conduct a second set of EPM workshops in October 2018 with the same contribution from local leadership. New instructors from widespread geographical areas of the country spread the cause further by attending the course to learn and to teach EPM in their hospitals subsequently. EPM would also be included under STSP projects as announced by the General Secretary of STSP who attended the October course to become an EPM instructor. So far, all EPM workshops have been self-funded and well supported in the local institutions.

Another highlight of introducing EPM in Pakistan has been the discussion generated amongst the instructors relating to local pain management barriers and their solutions. The enthusiastic uptake of EPM by local healthcare professionals and medical staff has led to almost 60 participants attending each day of the courses. Topics of discussion included: healthcare worker related barriers, medication barriers, system and organisational barriers, and patient related and cultural barriers, which have eventually led to the identification of SMART (Specific, Measurable, Attainable, Relevant, Time bound) objectives that are then selected by trainers to address at their own place of work. Specific examples of these objectives or quality improvement projects include: the development of an Acute Pain Team, the introduction of anaesthesia led post-surgical acute pain management plans, the development of a





post anaesthesia care unit with integrated pain management protocols, the inclusion of pain scores to new uniform vital signs charts supported by the STSP, and the incorporation of EPM to undergraduate medical and nursing curricula and induction days for medical staff. At the time of writing some of these targets have already been achieved while work is ongoing on others. All the barriers and targets identified by local instructors have been formally recorded so that in future we can monitor the impact on improvement in pain education and service delivery.



Continued collaboration with local societies such as the PSA, the STSP and the University of Health Sciences and liaison with the EPM teams at the FPM, the Australian and New Zealand College of Anaesthetists and the World Federation of Societies of Anaesthesiologists should be the top priority for future planning and delivery at a national level. Development of a sustainable and nationwide action plan is the main challenge that can be catered by including the country-wide mapping of local service delivery and deficits, as well as local barriers and their solutions.



## Pain Management Specialization Course for Nurse Staff at Shifa International Hospitals, Ltd., Islamabad

A specialization course was conducted at Shifa International Hospitals, Ltd., Islamabad, Pakistan for the Nursing Staff. The duration of the course was three months and a total of 17 participants attended the course out of which 15 were successful. The photograph shows some highlights of the certificate distribution ceremony.



# Brig Salim's STSP Gold Medal Award Winners of 2018

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**Prof. Khalid Bashir**



**Prof. Saleh Khashkheli**



**Dr. Wajiha Wali**

## Development of Pain Management in Developing Countries

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The following STSP members were awarded with 10,000 USD by IASP for their contributions in the development of Pain Management in Developing Countries in respective years:

- **2019:** **Dr. Ali Sarfraz Siddiqui**
- **2017:** **Dr. Anwar Shehzad**
- **2016:** **Dr. Fouzia Khan**
- **2015:** **Dr. Rubina Khan**
- **2014:** **Brig. M. Salim and Samina Ismail**
- **2013:** **Dr. Gouhar Afshan and Safia Siddiqui**
- **2011:** **Dr. Gouhar Afshan**



# MSc Pain Medicine Entrance Test Result 2019, Riphah International University

An entry test for MSc Pain Medicine offered at Riphah International University took place on July 28, 2019. A total of 70 Candidate appeared in the MSc Pain Medicine entry test and the following 20 were selected for the 14th batch.

- |                               |                    |
|-------------------------------|--------------------|
| 1. Hadia Shah                 | 11. Muhammad Imdad |
| 2. Sumeera Matee              | 12. Muhammad Ikram |
| 3. Muhammad Aasam Masoom Maan | 13. Ammara Arif    |
| 4. Kashif Siddiq              | 14. Imran Hyder    |
| 5. Muhammad Taqi              | 15. Moazzam Ali    |
| 6. Farrukh Shehzad            | 16. Samina Aslam   |
| 7. Khan Muhammad Azam         | 17. Lubna Haq      |
| 8. Muhammad Imran Haider      | 18. Saima Arshad   |
| 9. Soban Gondal               | 19. Hassan Fares   |
| 10. Amir Sohail               | 20. Saima Jamil    |

## Membership of STSP

Dear Doctor,

### Are you interested in Pain Management?

Are you enthusiastic about learning new advances in Pain Management?

Are you interested to be informed about all forthcoming events of Pain Management in Pakistan?

Then we have good news for you!

We offer the following attractions for the members of STSP:

1. Discounted registration fee for biennial pain conferences organized by STSP.
2. Special discounts on Refresher Courses, Plenary Sessions, Workshops, Poster Sessions, Networking Opportunities, Commercial Exhibition and Educational Opportunities in broad way of Pain.
3. Access to global forums that advance clinical practice as well as applied and basic research on pain.
4. Free online access to "APICARE JOURNAL".
5. Access to online pain practitioners' community available in the form of a Whatsapp group where we discuss complex cases. An immediate response of different Pain Consultants is available anytime while you are a member of the group.

Membership of STSP is now open, so get yourself registered at the earliest. We look forward to welcoming you as one of the esteemed members of our society.

Dr. Salman A. Saleem  
General Secretary STSP  
Consultant/Section Head Pain Management Department  
Shifa International Hospital, Islamabad, Pakistan

# Fee Structure for Membership of STSP

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## Membership Fee

### Consultants

**Rs: 3000/- per year**

### HOs, MOs, PGs

**Rs: 1000/- per year**

The membership fee can be submitted:

#### **Online at under-mentioned account**

**By hand** at Pain Clinic, Shifa International Hospital, Islamabad, Pakistan

**Bank draft/crossed cheque** in favor of STSP Account

The details of STSP Account are as follows:

Account Title: **Society for Treatment and Study of Pain (STSP)**

**Account Number: 0084602010071438**

Bank: Muslim Commercial Bank, CMH Branch, Rawalpindi, Pakistan

Branch Code: 0846

The candidate may send the following documents at [coordinator.stsp@gmail.com](mailto:coordinator.stsp@gmail.com):

**Snapshot of Proof of Payment (i.e. Draft in favor of STSP Account)**

**Duly filled Membership Form**

**Passport Size Photograph**

OR

Post the above mentioned documents at the following address:

Pain Clinic, A-0 Floor, Shifa International Hospitals Ltd.,

Pitras Bukhari Road, Sector H-8/4,

Islamabad, Pakistan

## STSP Secretariats:

6-Zafar Akbar Road, Lalazar, Rawalpindi Cantt., Punjab, Pakistan;

Pain Clinic, A-0 Floor, Shifa International Hospitals, Ltd., Islamabad, Pakistan

Phone: 0321-5384186; 0334-5031122; 051-8463692

Email: [asifk57@gmail.com](mailto:asifk57@gmail.com); [salmanasaleem@gmail.com](mailto:salmanasaleem@gmail.com);

[coordinator.stsp@gmail.com](mailto:coordinator.stsp@gmail.com)