



## AUSTRALIAN AND NEW ZEALAND COLLEGE OF ANAESTHETISTS

ABN 82 055 042 852

# FACULTY OF PAIN MEDICINE

## Education Committee

### Focused Resources for Trainees

#### **Aims**

This document is written to help you to manage the stress and academic content of the training period and focus your preparation for the final written and clinical Fellowship examination.

#### **Support**

Use the resources available to you:

- Your Consultants, Mentors and Past Trainees
- Each other via the Faculty Trainees' E-mail Focus Group at: <http://au.groups.yahoo.com/group/FPMTrainees/> (this E-mail group aims to help Pain Medicine Trainees to keep in touch. Members join voluntarily and can leave at any time).
- The ANZCA library ([library@anzca.edu.au](mailto:library@anzca.edu.au))

#### **ANZCA library**

##### *Search Tips*

Start search with TRIP/Cochrane for reviews and guidelines; then try Medline/Embase

- Break search term into individual concepts
- Use Advanced Search for more accurate results
- Use Subject Headings, not keywords, for a broader search
- Explode widens the search (recommended)
- Combine subjects with 'AND' to refine the search
- Useful limits include: English, Reviews, Local Holdings and Publication Year ranges

##### *Databases*

- Ovid Medline/Embase - access via ANZCA website – password required
- PubMed - access via ANZCA website for version that links to full text article

- The Cochrane Library – Evidence Based Reviews - free to users in Australia: <http://thecochranelibrary.com>
- TRIP (Turning Research Into Practice) – reviews, guidelines, patient Information: [www.tripdatabase.com](http://www.tripdatabase.com)
- Bandolier (including Oxford Pain Site): [www.jr2.ox.ac.uk/bandolier/index.html](http://www.jr2.ox.ac.uk/bandolier/index.html)
- Google Scholar: [http://scholar.google.com.au/advanced\\_scholar\\_search](http://scholar.google.com.au/advanced_scholar_search)

#### *Patient Information*

- Better Health Channel: [www://betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)
- TRIP – Anaesthetics Specialist Database: [www.tripdatabase.com/anaesthetics/specialismhomepage.html?categoryid=8](http://www.tripdatabase.com/anaesthetics/specialismhomepage.html?categoryid=8) (search on topic, then click Patient Information Leaflets)
- HealthInsite: [www.healthinsite.gov.au](http://www.healthinsite.gov.au)
- DISCERN: [www.discern.org.uk/index.php](http://www.discern.org.uk/index.php) (for evaluating information for patients).

#### *Keep up to date*

- Subscribe to Journal Table of Contents by email or RSS for free
- Set up an Auto-alert in Medline
- Search for your topic
- Save Search as an auto-alert
- Receive an email when a new article on your topic is available

#### **Updates**

Pain Clinical Updates IASP: <http://www.iasp-pain.org/AM/Template.cfm?Section=Home&template=/CM/HTMLDisplay.cfm&ContentID=4765#date>

The Question of the Day (a daily pain medicine question and peer reviewed and referenced answer) prepared by Harvard Medical School Clinical Faculty: [www.theanswerpage.com/pain/home/welcome.html](http://www.theanswerpage.com/pain/home/welcome.html)

#### **Websites**

Faculty of Pain Medicine - [www.anzca.edu.au/fpm](http://www.anzca.edu.au/fpm)

Australian Pain Society - [www.apsoc.org.au](http://www.apsoc.org.au)

New Zealand Pain Society - [www.nzps.org.nz](http://www.nzps.org.nz)

International Association for the Study of Pain - [www.iasp-pain.org](http://www.iasp-pain.org)

American Academy of Pain Medicine - [www.painmed.org](http://www.painmed.org)

American Pain Society - [www.ampainsoc.org](http://www.ampainsoc.org)

British Pain Society - [www.britishpainsociety.org](http://www.britishpainsociety.org)

Canadian Pain Society - [www.canadianpainsociety.ca](http://www.canadianpainsociety.ca)

World Institute of Pain - [www.worldinstituteofpain.org](http://www.worldinstituteofpain.org)

American Society of Interventional Pain Physicians - [www.asipp.org](http://www.asipp.org)

Royal College of Anaesthetists - [www.rcoa.ac.uk](http://www.rcoa.ac.uk)

American Society of Anesthesiologists - [www.asahq.org](http://www.asahq.org)

National Pain Foundation - [www.nationalpainfoundation.org](http://www.nationalpainfoundation.org)

NHMRC - [www.nhmrc.gov.au/publications/index.htm](http://www.nhmrc.gov.au/publications/index.htm)

### **Textbooks**

Wilson, PR, Watson, PJ, Haythornthwaite, JA, Jensen, TS. (9 eds). Clinical Pain Management: Chronic Pain. London: Hodder Arnold, 2<sup>nd</sup> ed, 2008.

Cousins MJ, Carr DB, Horlocker TT, Bridenbaugh PO (eds). Cousins' and Bridenbaugh's Neural Blockade in Clinical Anaesthesia and Management of Pain. Lippincott, Williams and Wilkins. 4th ed, 2008.

McMahon SB, Koltzenburg M (eds). Wall and Melzack's Textbook of Pain. Philadelphia: Elsevier/Churchill Livingstone, 5<sup>th</sup> ed, 2005.

Charlton JE (ed). Core curriculum for professional education in pain. IASP Press, 3rd ed, 2005.

Merskey M, Bogduk N (eds). Classification of chronic pain. IASP Press, 2nd ed, 1994.

Melzack R, Wall PD. The challenge of pain: a modern medical classic. Penguin, updated 2nd ed, 1996.

Pilowsky I. Abnormal illness behaviour. Wiley, 1997.

Wall PD. Pain: the science of suffering. Weidenfeld and Nicolson, 1999.

Turk DC, Melzack R (eds). Handbook of pain assessment. The Guilford Press, 2nd ed, 2001.

Loeser J, Butler SM, Chapman CR, Turk DC (eds). Bonica's Management of Pain. Lippincott, Williams and Wilkins. 3rd ed, 2001.

Strong J, Unruh AM, Wright A, Baxter D (eds). Pain: a textbook for therapists. Churchill and Livingstone, 2002.

Moore A, Edwards J, Barden J, McQuay H. Bandolier's Little Book of Pain. Oxford University Press, 2003.

Butler D, Moseley L, Sunyata. Explain pain. Neuro-Orthopaedic Institute/Noigroup Publications, 2003. ([www.noigroup.com](http://www.noigroup.com))

Waddell G. The back pain revolution. Churchill Livingstone 2nd ed, 2004.

Warfield CA, Bajwa ZH (eds). Principles and practice of pain medicine. McGraw-Hill, 2nd ed, 2004.

Carlat DJ. Psychiatric interview: a practical guide to psychiatry. Lippincott, Williams and Wilkins, 2nd ed, 2004.

Wallace MS, Staats PS. Pain medicine and management: just the facts. McGraw-Hill, 2005.

Ballantyne JC. The Massachusetts General Hospital Handbook of Pain Management. Lippincott, Williams and Wilkins, 3rd ed, 2006.

Nicholas M, Molloy A, Tonkin L, Beeston L. Manage your pain. Australian Broadcasting Corporation books, 2nd ed, 2006.

McMahon SB, Koltzenburg M (eds). Wall and Melzack's Textbook of Pain. Elsevier/Churchill Livingstone, 5th ed, 2006.

Breivik H, Shipley M (eds). Pain: best practice and research compendium. Elsevier 2007.

Pasricha PJ, Willis WD, Gebhart SF (eds). Chronic abdominal and visceral pain: theory and practice. Informa Healthcare 2007.

Breivik H, Campbell WL, Nicholas MK (eds). Textbook of clinical pain management: practice and procedures. London: Hodder Arnold, 2nd ed, 2008.

Main CJ, Sullivan MJL, Watson PJ. Pain management: practical application of the biopsychosocial perspective in clinical and occupational settings. Churchill Livingstone/Elsevier 2nd ed, 2008.

Basbaum AI, Bushell MC (eds). Science of pain. Academic Press, 1<sup>st</sup> ed, 2009.

### **IASP (International Association for the Study of Pain) World Congress (triennial) Refresher Course Syllabus:**

Campbell JN (ed). Pain 1996 – an updated review. Refresher Course Syllabus. IASP Press 1996.

Max M (ed). Pain 1999 – an updated review. Refresher Course Syllabus. IASP Press 1999.

Giamberardino MA (ed). Pain 2002 – an updated review. Refresher Course syllabus. IASP Press 2002.

Justins DM (ed). Pain 2005 – an updated review. Refresher Course Syllabus. IASP Press 2005.

Castro-Lopez J, Raja S, Schmelz M (eds). Pain 2008 – an updated review. Refresher Course Syllabus. IASP Press 2008.

## Stress

Training to be a Pain Medicine Specialist can be stressful. Major stressors include difficult patients, complex medical problems and treatments, management issues, personal issues, and studying for the examination.

Being aware of these issues is the first step to tackling them. Here are some documents that provide more information:

- ANZCA PS49 (2003). *Guidelines on the Health of Specialists and Trainees*. (<http://www.anzca.edu.au/resources/professional-documents/professional-standards/ps49.html>)
- FPM Educational Document: *Pain Medicine Practitioners and Wellbeing* (<http://www.anzca.edu.au/fpm/resources/educational-documents/pain-medicine-practitioners-and-wellbeing>)
- Wasan AD, Wootton J, Jamison RN. *Dealing with difficult patients in your pain practice*. Reg Anesth Pain Med 2005;30:184-192.
- Clode D, Boldero J. *Keeping the Doctor Alive: A self-care guidebook for medical practitioners*. RACGP 2006.

## Journals

Pain Medicine - [www.blackwellpublishing.com/journal.asp?ref=1526-2375](http://www.blackwellpublishing.com/journal.asp?ref=1526-2375)

Pain -

[www.elsevier.com/wps/find/journaldescription.cws\\_home/506083/description#description](http://www.elsevier.com/wps/find/journaldescription.cws_home/506083/description#description)

European Journal of Pain – [www.europeanjournalpain.com](http://www.europeanjournalpain.com)

Clinical Journal of Pain -

[www.clinicalpain.com/pt/re/clnjpain/](http://www.clinicalpain.com/pt/re/clnjpain/)

Journal of Pain -

[www.jpain.org/](http://www.jpain.org/)

Journal of Pain and Symptom Management

[www.jpasmjournal.com/](http://www.jpasmjournal.com/)

Regional Anesthesia and Pain Medicine

<http://journals.lww.com/rapm/Pages/Default.aspx>