



## 2018 Global Year for Excellence in Pain Education

*Bridging the gap between what we know and what we do*

### Message from Global Year Task Force Chair Dr. Paul Wilkinson

It gives me great pleasure to introduce the 2018 IASP Global Year for Excellence in Pain Education. Ever since IASP leaders discussed the proposal nearly five years ago, education leaders worldwide have worked tirelessly to make this year a success. I wish to thank the IASP Council and President Judith A. Turner for promoting and supporting this Global Year. In addition, I thank the initiative's task force members, the IASP staff, and members of the board of the SIG on Pain Education as well as others who have worked tirelessly on this project.

This prospectus outlines the plans for the year not just to members of the society but also to all supporters of this initiative. I have therefore included a brief introduction to IASP, its driving force, and its history—a reminder to many and new to some.

The title of the Global Year for Excellence in Pain Education captures our overarching theme, “Bridging the gap between knowledge and practice.” We aim to make a difference in each of four domains:

- Public and Government Education
- Patient Education
- Professional Education
- Pain Education Research

This document outlines what you can do help.

I hope members, chapters and federations can help make this 2018 a very successful year.

We are passionate in our belief that education is the key to many of the improvements in pain relief that we seek.

### What is the mission of the International Association for the Study of Pain (IASP)?

The International Association for the Study of Pain brings together scientists, clinicians, health-care providers, and policymakers to stimulate and support the study of pain and translate that knowledge into improved pain relief worldwide.

IASP has been at the forefront of many international initiatives to improve pain and suffering:

- Building a global community of members from multiple disciplines to nurture collaboration, dialogue, and networking including through membership, digital resources, and Special Interest Groups

- Supporting a distribution hub for world-class science and evidence-based treatment guidelines to elevate the knowledge and education of members and the health-care community
- Advocating with IASP chapters and federations to advance the field and educate policymakers about the benefits of effective pain treatment

IASP was founded in 1973 as an interdisciplinary group of pain researchers and clinicians who convened to discuss the need for a professional organization dedicated to pain research and treatment. The vision was to provide an egalitarian, interdisciplinary, and international forum to improve knowledge about pain, the education of health-care providers, and the care of patients. It now counts more than 7,000 members from over 100 countries. The first Global Year in 2004, titled “The Relief of Pain Should Be a Human Right,” focused on raising the profile of pain worldwide.

Today, with the increasing awareness of the problem of pain, there is an even greater need to educate health-care providers, the public, and policymakers. Without appropriate education, progress will be incremental.

### **Why a Global Year for Excellence in Pain Education?**

There continues to be a gap between what we know about effective pain management and the delivery of effective patient care. Inadequate provision of pain education for health-care professionals has been repeatedly recorded worldwide for acute, chronic, and cancer pain patients. Poor understanding of pain is prevalent among policymakers, caregivers, administrators, commissioners, and the lay public as well as for patients themselves. The existence of educational gaps allows misunderstandings to develop and inappropriate treatments to become routine and entrenched.

Although many people with chronic pain have the potential for a fulfilling life, too many remain unaware of the treatments can help them. Many suffer in silent isolation, limited by their disability, and demotivated by the psychological consequences and social stigma associated with their pain. So much more can be done to improve public education and make appropriate pain treatments more widely available.

Now is the time to put pain education into the spotlight and help bridge the gap between knowledge and practice.

Our principal areas of concern:

- Lack of public understanding about the scale of health issues surrounding pain
- Alarming deficits in the provision of undergraduate pain education and training
- Slow progression and improvement of postgraduate pain education, even in developed countries
- Inaccessibility or absence of effective pain management training in many developing countries

Specifically, the gaps include:

- Inadequate curricular content in prelicensure programs for health-care professionals
- Failure of licensure qualifications to require competency in pain assessment and management
- Underuse of pain-related competencies to ensure graduates are sufficiently educated to provide appropriate pain management
- Lack of post-licensure continuing professional development opportunities for specialists in pain management
- Suboptimal adoption of current evidence in pain management practices
- Insufficient consideration of voices of people with pain and their families in planning and monitoring pain management
- Failure to capture outcome evaluations of pain education routinely or focus on competence and improved patient outcomes
- Misunderstanding of the public impact of pain and related health issues
- Lack of understanding among people with persistent pain of available resources and treatment options

The Global Year for Excellence in Pain Education strives to address these gaps.

Our values of partnerships, understanding, and excellence are at the forefront of a set of plans to enable us all to “Teach better, learn better, and do better.” The Global Year for Excellence in Pain education will focus on four key areas.

1. Public and Government Education
2. Patient Education
3. Professional Education
4. Pain Education Research

<b>Vision</b>	<b>Excellence in Education</b>
<b>Mission &amp; Values</b>	<b>Teach better, learn better, do better</b>
	<b>Partnerships/ Understanding/ Excellence</b>
<b>Aims</b>	<p><b>Making a difference in:-</b></p> <ol style="list-style-type: none"> <li>1. <b>Patient Education</b></li> <li>2. <b>Professional Education</b></li> <li>3. <b>Public and Government Education</b></li> <li>4. <b>Pain Education Research</b></li> </ol>

### Aims of the Global Year

The plans and specific aims under each heading are summarized below.

<b>Patients</b>	A1	Understand pain better through patient stories	A2	Promote patient education: patient, caregiver, and public health avenues	A3	Facilitate patient education by professionals through activities and resources	
	<b>Providers</b>	A4	Advance interprofessional competencies through integration and accreditation	A5	Improve educational delivery through training and resources for teachers	A6	Enhance and share culturally-sensitive foundational training resources for all healthcare providers
		A7	Create a member resource for stakeholder education and meaningful conversations	A8	Collaboratively define and advance Global Year outcomes	A9	Teach throughout the Global Year of Pain Education via social media and activities
<b>Research</b>	A10	Appraise the gaps between knowledge and practice; vision and resources	A11	Design and build a guide to define and improve pain education research	A12	Educate self and others about pain education research and the need for resource supports	

## What is going to happen?

Throughout the year, we will do the following:

- Launch activities and resources related to the four aims
- Promote the professional and interprofessional pain curricula
- Develop resources to facilitate teaching at various levels
- Promote core pain competencies to change attitudes and behaviors
- Develop evidence-based pain education content and translation strategies to ensure that pain education improves pain management for patients, caregivers, payers, and policymakers
- Actively promote the Global Year through social media

We intend to focus on Public and Government Education in January and February, Patient Education in March and April, Professional Education in May and June, and Pain Education Research in July August.

Then, at the 17th World Congress on Pain September 12-16, in Boston, we will:

- Provide real-time, in-person information on pain education in two special sessions
- Hold a stream of activities in an area adjacent to the main IASP booth
- Create a social media presence at the conference

We will supplement all of this work with partnership activities with national chapters and federations and by focusing on improving pain education in developing or poorly resourced countries and regions, as well as for underserved groups in developed nations.

## How members can help?

If each IASP member provides pain education for “one hour, in one day, in one year,” then IASP would instantly have provided nearly 8,000 hours of pain education across 133 countries. We invite members to undertake an educational activity in the name of the Global Year and to use the Global Year logo to promote their efforts. This could be a meeting, event, or webinar. Be sure to inform us of your Global Year activities beforehand and afterward, and tell us about their impact.

The following table highlights how members, SIGs, and chapters may help with the Global Year.

<b>Members</b>	<b>Chapters</b>	<b>SIGs</b>	<b>SIG Pain Education Members</b>
Can provide links to resources and Fact Sheets to their country’s pain chapter. Can work with their pain chapter to sponsor local events, such as meetings and webinars.	Place a link to the Global Year on its homepage and promote key aims and activities as they are launched.	Identify educational activities that support the Global Year, such as a resources day, workshop, or webinar.	Ask each member to insert a link to the Global Year webpage and the Twitter hashtag in his or her email signature.
Reach out via social media to all members of their network on Twitter and Facebook with details of Global Year activities.	Include a keynote lecture linked to the Global Year at their annual meeting.	Identify three to six key messages related to their specialty and publish them in their SIG newsletters throughout the year.	Teach about pain/raise awareness of pain. The message: “1 hour, for 1 day, in 1 year” can make a difference.

Finally, as chair of the 2018 Global Year for Excellence in Pain Education Task Force, I would like to thank my colleagues for their commitment to this initiative and their hard work throughout 2017.

- Mary Cardosa, MBBS (Malaysia)
- Eloise Carr, BSc (Hons), RN, PGCEA, RNT, MSc, PhD (Canada)
- Scott M. Fishman, MD (USA)
- Deborah Gordon, RN, DNP, FAAN (USA)
- Hellen Kariuki, BDs, MSc, PhD (Kenya)
- Andreas Kopf, MD (Germany)
- Michael Nicholas, PhD (Australia)
- Jamir J. Sarda, Jr., PhD (Brazil)
- Maureen J. Simmonds, PhD (USA)
- Flo Slomp, MSc. (Canada)
- David M. Walton, PT, PhD (Canada)
- Judy Watt-Watson, RN, MSc, PhD (Canada)