

# Pain Management Skills Course

Course Structure

## 1. Distance Learning Course Contents

### Unit 1: Pathophysiology of Pain Management

- A/Prof Sanjay Khanna, Neuropharmacologist
- Understanding the pathophysiological mechanisms
  - Types of pain
  - Acute pain and slow pain
  - Referred pain
  - Physiology of pain control
  - Applying physiological theory to practice

### Unit 2: Applied pharmacology in pain management

- Prof Edmund Lee, Clinical Pharmacologist
- Revisiting pharmacokinetics & pharmacodynamics
  - Classification of analgesic drugs
  - Narcotics
  - Non-narcotics
  - Applying the principles of pharmacology in the choice of therapeutic agent
  - Adverse drug reactions

### Unit 3: Pain Management in Neurological Disorders

- Dr Ho King Hee, Consultant Neurologist & Physician
- Non-specific headache
  - Migraine
  - Tension headache
  - Ice-pick headache
  - Trigeminal neuralgia and facial pain
  - Herpes zoster
  - Peripheral neuropathy
  - Pitfalls in the management

### Unit 4: Pain management in orthopaedic disorders

- A/Prof Tay Boon Keng, Senior Consultant, Orthopaedic Surgery
- Sports injury
  - Sciatica
  - Nerve entrapment syndromes
  - Osteo arthritis
  - Rheumatoid arthritis • Gout
  - Low back pain • Bone pain
  - Pitfalls in management

### Unit 5: Pain management in gynaecological disorders

- Prof Kuldip Singh, Senior Consultant, Obstetrics & Gynaecology
- Dysmenorrhoea
  - Endometriosis
  - Pelvic inflammatory disease
  - Urinary tract infection
  - Dyspareunia
  - Pitfalls in management

### Unit 6: Management of pain in palliative care

- Dr Cynthia Goh, Head of Dept, Palliative Medicine
- Pain assessment in palliative care
  - Types of pain
  - Unique aspects of pharmacotherapy in palliative care
  - Co-analgesics and adjuvant therapy
  - Uncontrolled pain
  - Beyond pharmacotherapy
  - Pitfalls in management

## 2. Seminars

(2 CORE FM CME Points each)

**Seminar 1: 21 Feb 2004**

2.00pm – 4.00pm

- 1) Pathophysiology of Pain Management
- 2) Applied pharmacology in pain management
- 3) Pain Management in Neurological Disorders

**Seminar 2: 28 Feb 2004**

2.00pm – 4.00pm

- 1) Pain management in orthopaedic disorders
  - 2) Pain management in gynaecological disorders
  - 3) Management of pain in palliative care
- \* Seminars are on 1st come 1st serve basis and are limited to the first 200 participants

## 3. Workshops Session (2 CORE FM CME Points)

### Workshops

(21 Feb 2004 OR 28 Feb 2004)  
4.00pm – 6.00pm

Joint Injections for orthopaedic disorders  
(A/Prof Tay Boon Keng)

\* Workshops are on 1st come 1st serve basis and are limited to the first 200 participants

**Date: 21 & 28 February 2004**  
**Time: 2.00pm – 6.00pm**  
**Venue: MOH Auditorium**



*Life is our life's work.*

*The development of this Family Practice Skills Course is supported by an educational grant from Pfizer Pte Ltd*

Register

## Pain Management Skills Course Registration Form

Please tick  appropriate boxes.

	College Member	Non-College Member
Seminar 1	\$10.00	\$20.00
Seminar 2	\$10.00	\$20.00
Workshop	\$20.00	\$40.00
Please tick your preferred date for workshop:	<input type="checkbox"/> 21 Feb '04	<input type="checkbox"/> 21 Feb '04
	<input type="checkbox"/> 28 Feb '04	<input type="checkbox"/> 28 Feb '04
Distance Learning Module	FREE	\$40.00
<b>TOTAL</b>		

Name: Dr \_\_\_\_\_ MCR No : \_\_\_\_\_

### Mailing Address:

Please indicate:  Residential  Practice Address

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Please make cheque payable to :

College of Family Physicians  
Singapore

### Mail to:

College of Family Physicians  
Singapore  
16 College Road #01-02  
College of Medicine Building  
Singapore 169854

### IMPORTANT:

**Participants with fever should not attend the seminars and workshops.**

# Atherothrombosis Skills Course

Course Structure

## 1. Distance Learning Course Contents

### Unit 1: Atherothrombosis key concepts and pathogenesis

- Concept of atherothrombosis
- Thrombus formation on atherosclerotic plaques: pathogenesis and clinical consequences
- Inflammation and atherothrombosis – Is it time to screen for CRP?
- Hemostatic risk factors for atherothrombotic disease

### Unit 2: Epidemiology of Atherothrombosis

- Disease burden
- International data
- Local data
- Risk factors and risk reduction
- Preventing atherothrombosis

### Unit 3: Diagnosis & Evaluation of Atherothrombosis Patients

- New understanding, diagnosis and prognosis of atherothrombosis
- Clinical presentation
- Role of imaging
- Ankle-brachial index

### Unit 4: Clinical Sequelae of Atherothrombosis: Stroke

- Atherothrombosis and cerebrovascular disease
- Clinical syndromes
- Assessment of a patients
- Medical management
- Role of surgery
- Rehabilitation and secondary prevention

### Unit 5: Clinical Sequelae of Atherothrombosis: Myocardial Infarct

- Disease process and coronary circulation
- Clinical syndromes
- Assessment of myocardial ischemia
- Medical management
- Interventional procedures
- Rehabilitation and secondary prevention

### Unit 6: Clinical Sequelae of Atherothrombosis: Peripheral Artery Disease

- Disease syndromes
- Clinical presentation
- Assessment of patients with PAD
- Medical management
- Surgical management

## 2. Seminars (2 CORE FM CME Points each)

### Seminar 1: 10 April 2004

2.00pm – 4.00pm

- 1) Atherothrombosis key concepts and pathogenesis
- 2) Epidemiology of Atherothrombosis
- 3) Diagnosis & Evaluation of Atherothrombosis Patients

### Seminar 2: 11 April 2004

2.00pm – 4.00pm

- 1) Clinical Sequelae of Atherothrombosis: Stroke
- 2) Clinical Sequelae of Atherothrombosis: Myocardial Infarct
- 3) Clinical Sequelae of Atherothrombosis: Peripheral Artery Disease

*\* Seminars are on 1st come 1st serve basis and are limited to the first 200 participants*

## 3. Workshops Session(2 CORE FM CME Points)

(10 April 2004 OR 11 April 2004)

Group A: Case studies: Patients with Atherothrombosis

- Cerebrovascular disease
- Myocardial ischaemia
- Peripheral artery disease

Group B: Measurement Brachial-Ankle Index

*\* Workshops are on 1st come 1st serve basis and are limited to the first 200 participants*

**Date: 10 & 11 April 2004**  
**Time: 2.00pm – 6.00pm**  
**Venue : To be confirmed**



*The development of this Family Practice Skills Course is supported by an educational grant from Sanofi Synthelabo Pte Ltd and Bristol-Myers Squibb(Singapore) Pte Ltd*

Register

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**Please tick  appropriate boxes.**

	College Member	Non-College Member
Seminar 1	\$10.00	\$20.00
Seminar 2	\$10.00	\$20.00
Workshop	\$20.00	\$40.00
Please tick your preferred date for workshop:	<input type="checkbox"/> 10 Apr '04	<input type="checkbox"/> 10 Apr '04
	<input type="checkbox"/> 11 Apr '04	<input type="checkbox"/> 11 Apr '04
Distance Learning Module	FREE	\$40.00
<b>TOTAL</b>		

Name:Dr \_\_\_\_\_ MCR No : \_\_\_\_\_

#### Mailing Address:

Please indicate:  Residential  Practice Address

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

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