

Collection of Good Practices on Chronic Pain

The Maltese Perspective

Dr Marilyn Casha

Consultant Anaesthetist – Pain Management

Key Players

- Arthritis and Rheumatism Association of Malta
- Professionals from different specialties and related topics
- Aim: Main objective is to educate, support and raise awareness about arthritis, rheumatism and any other musculoskeletal diseases.

KNOWLEDGE IS EMPOWERMENT

- Knowledge by patients regarding available and emerging treatment modalities in pain management
- Knowledge within the medical community itself

Continued Medical Education

- Very little “lecture time” given to medical students at under graduate level
- Even less at post-graduate levels
- “Outreach” Lectures for different specialties e.g. neurology, orthopaedics, rheumatology

Patient Education

- Short slots given on local media describing different conditions as well as various aspects of the multidisciplinary team. This was done to promote the Pain Clinic at Mater Dei Hospital.
- ARAM holding lectures for small groups by different professionals including Pain Management specialist as well as non-governmental entities such as companies to promote “self management”

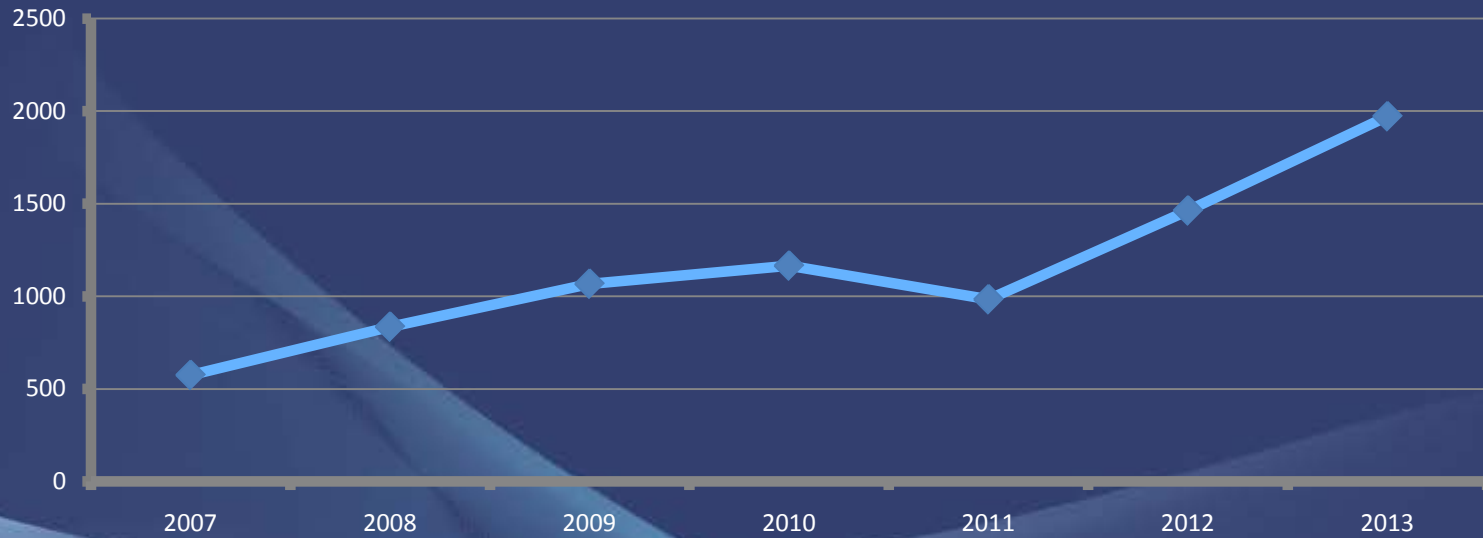
Advantages

- Taboo breaker
- Small groups allowed much deeper discussion - questions answered and patients guided

Disadvantages

- High demand from patients stretching finite resources

Attendance of clients at the CPM clinic outpatient (2007-2013)



Procedures from 2011 to date

Year	Total Number of Pain Interventional Procedures
2011	957
2012	985
2013	1217
2014 (from 1st January to date)	952 projected 1300 for whole year

THANK YOU