

A proposal to establish pain clinic, Egypt

Aim:

To establish a Multidisciplinary Chronic Pain Clinic.

Set up:

Daily outpatient clinic to receive new and follow up patients either referred by other consultants or self referring.

Requirement:

Outpatient rooms 3-4 with the basic minimum required furniture (couch, 2 chairs, Screen, sink) hammer, cotton wool, history taking sheet (will be supplied).

Ultrasound machine cost about £17,000

Personnel:

Pain consultant (MSc or preferably MD in pain and anaesthesia)

1-2 nursing staff (one could be trained to help the patient to fill the forms)

Psychologist with interest in cognitive behaviour management of chronic pain.

Acupuncturist or alternative medicine specialist if available.

Process:

- 1) Patients will be requested to fill some forms as they are waiting to be seen (Hospital Anxiety and Depression score, Pain form from our clinic) with the help of one of the nursing staff or a junior doctor.
- 2) Patients will be assessed by the doctor who may require the physiotherapist view.
- 3) drug prescription and or interventional therapy will be recommended and discussed with the patient (the junior doctor or the physiotherapist can go through the risks of the injection and explain the exercises needed.
- 4) most of the procedures could be performed in the clinic under ultrasound and very few (epidurals) will need to be done in theatre under image intensifier.

Enigma Role

- Establish and supervise the clinic
- Recruit at 3 pain consultants from the UK their role or any of my colleagues who are chronic pain will be:
 - 1) To help training the medical personnel in history taking, examination
 - 2) To teach the senior doctor how to perform all the procedures under ultrasound (a new concept in chronic pain).
 - 3) On Job Training to perform some of the procedures under image intensifier to teach them also if needed.
 - 4) 3-4 monthly visit to hold case conferences for difficult cases and to follow up the training and maintain the high standards.