



WFSA mission

Uniting and empowering anaesthesiologists around the world to improve patient care.

ANZCA purpose

To serve our communities by leading high quality care in anaesthesia, perioperative and pain medicine, optimising health and reducing the burden of pain.

EPM mission

Improving lives around the world by training health workers to recognise, assess and treat pain.

Essential Pain Management (EPM)

EPM is a short, easily deliverable and cost-effective training program designed to improve pain management worldwide. It provides a systematic approach for managing people in pain and also a system for teaching others about pain management.

EPM aims to:

- Improve pain knowledge.
- Teach health workers to Recognise, Assess and Treat pain (the 'RAT' approach).
- Address pain management barriers.
- Train local health workers to teach EPM.

EPM is cost effective, multidisciplinary and encourages early handover of teaching to local instructors. It is designed for any health worker who comes in contact with people in pain. The RAT approach can be applied to all types of pain and can be used by all types of health workers including doctors, nurses, clinic workers and pharmacists.

EPM was developed by Dr Wayne Morriss and Dr Roger Goucke with the assistance of the Australian and New Zealand College of Anaesthetists (ANZCA) and the World Federation of Societies of Anaesthesiologists (WFSA) and in addition to these organisations is supported by the International Association for the Study of Pain, the Australian Society of Anaesthetists and the Royal College of Anaesthetists.





Priority area	Objectives	Actions
1 Enhance	Ensure EPM training materials and resources reflect contemporary best practice.	<p>1.1 Update and revise face-to-face materials to ensure they continue to reflect contemporary knowledge and best practice.</p> <p>1.2 Revise training materials so there is consistency between online and face-to-face content, and other resources, including promotional materials.</p> <p>1.3 Review the EPM webpages.</p>
2 Expand and embed	Increase the reach of EPM and embed the training in services where it has been delivered.	<p>2.1 Expand the delivery of EPM in undergraduate medical and nursing programs.</p> <p>2.2 Expand the delivery of EPM in hospitals and healthcare systems in response to country requests.</p> <p>2.3 Expand EPM Online by translating into more languages.</p> <p>2.4 Develop online promotional materials to enhance awareness of EPM and identify potential EPM champions and instructors.</p> <p>2.5 Support in-country champions through increased communication and mentoring.</p>



Priority area	Objectives	Actions
3 Evolve	Establish a range of new materials and resources to support and grow EPM training and education opportunities.	<p>3.1 Develop an online EPM instructors teaching course to complement the EPM online modules for participants.</p> <p>3.2 Develop online refresher resources designed for participants to complete 6 to 12 months after their first EPM training.</p> <p>3.3 Develop a range of specialised RAT case studies which can be used for specific training or refreshing knowledge.</p>
4 Evaluate	Ensure that EPM is making a demonstrable improvement to participant's pain management knowledge and skills.	<p>4.1 Collect and monitor standardised high-level data, including location and numbers of courses, participants trained, instructors trained.</p> <p>4.2 Collect and monitor simple standardised metrics for EPM Online, for example, views, course completions, survey statistics.</p> <p>4.2 Review and revise the face-to-face EPM evaluation tools, including the pre- and post-tests.</p>