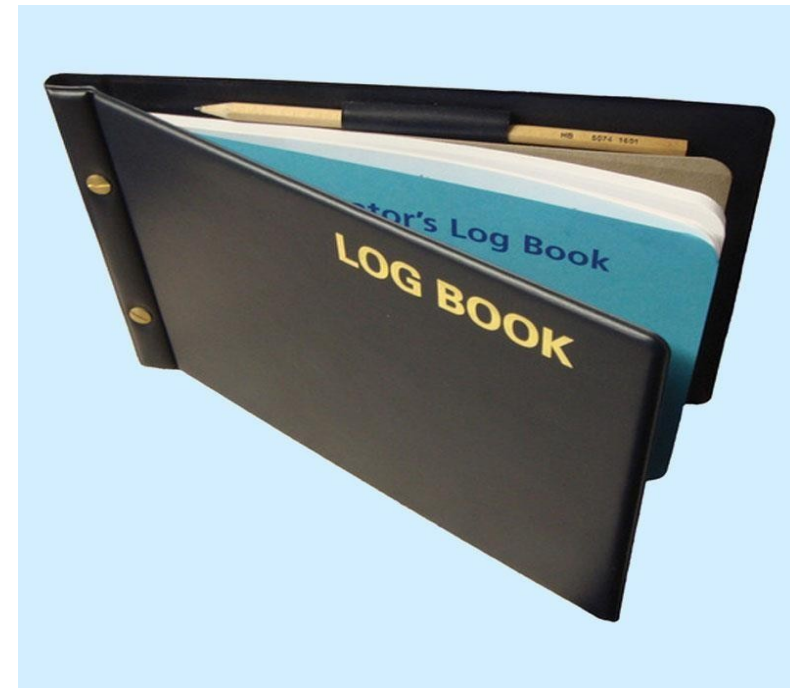


MCQs



Log Book For Fellowship In Interventional Pain Medicine (F.I.P.M.)

**RAWALPINDI MEDICAL UNIVERSITY,
RAWALPINDI**



Observe, record, tabulate, and communicate. Use your five senses.

Learn to see, learn to hear, learn to feel, learn to smell and know that by practice alone you can become expert (**William Osler**)

PREFACE

The horizons of *Medical Education* are widening & there has been a steady rise of global interest in *Post Graduate Fellowship programs*, an increased awareness of the necessity for experience in education skills for all healthcare professionals and the need for some formal recognition of postgraduate training in pain management.

We are seeing a rise in the uptake of places on postgraduate courses in medical education, more frequent issues of medical education journals and the further development of e-journals and other new online resources. There is therefore a need to provide active support in *Post Graduate Medical Education* for a larger, national group of colleagues in all specialties and at all stages of their personal professional development. If we were to formulate a statement of intent to explain the purpose of this log book, we might simply say that our aim is to help clinical colleagues to teach and to help students to learn in a better and advanced way. This book is a state of the art log book with representation of all activities of the Fellowship in intervention pain medicine program at RMU. A summary of the curriculum is incorporated in the logbook for convenience of supervisors and residents. F.I.P.M. curriculum is based on six Core Competencies of ACGME (**Accreditation Council for Graduate Medical Education**) including **Patient Care, Medical Knowledge, System Based Practice, Practice Based Learning, Professionalism, Interpersonal and Communication Skills**. A perfect monitoring system of a training program including monitoring of teaching and learning strategies, assessment and Research Activities cannot be denied so we at RMU have incorporated evaluation by **Quality Assurance Cell** and its comments in the logbook in addition to evaluation by **University Training Monitoring Cell (URTMC)**. Reflection of the supervisor in each and every section of the logbook has been made sure to ensure transparency in the training program. The mission of Rawalpindi Medical University is to improve the health of the communities and we serve through education, biomedical research and health care. As an integral part of this mission, importance of research culture and establishment of a comprehensive research structure and research curriculum for the residents has been formulated and a separate journal for research publications of residents is available.






Prof. Dr. Muhammad Umar (Sitara-e-Imtiaz)

(MBBS, MCPS, FCPS, FACG, FRCP(London), FRCP (Glasgow), AGAF)

Vice-Chancellor

Rawalpindi Medical University & Allied Hospitals

CONTRIBUTION

	NAME & DESIGNATION	CONTRIBUTIONS
	<p>Prof. DR MUHAMMAD UMER (Sitara-e-Imtiaz) MBBS, MCPS, FCPS, FRCP (London), FRCP(Glasgow), AGAF Vice Chancellor Rawalpindi Medical University and Allied Hospitals</p>	<p>Like several other programs; introduced recently, the motivating and driving force behind introduction of FIPM program at Rawalpindi medical university Also, Proof reading & synthesis of final print version of Log Book and curriculum of FIPM.</p>
	<p>Brig (Ret) Dr MUHAMMAD SALIM (Sitara-e-Imtiaz, Military) MBBS, DA, FFARCS, Ph.D., DSc., FMA, FICS, FCPS, STSP Pioneer of Pain management and Acupuncture in Pakistan</p>	<p>Being widely considered as ‘Father of Pain Medicine’ in Pakistan. He brought acupuncture to Pakistan and was awarded PhD. And DSc. for ‘Acupuncture and pain relief’ Dr. Salim’s impressive range of qualifications made him the first Professor of Anaesthesia in the Pakistan Army. His academic dedication and prolific writings has made him a well known name in the profession and introduced him to the outside world. He is also the architect of MSc Pain Medicine program in Pakistan</p>
	<p>Prof. DR JAWAD ZAHEER MBBS, FCPS, MSc Pain Medicine Head of Anesthesia and Pain Medicine Department Rawalpindi Medical University and Allied Hospitals</p>	<p>Being head of Anesthesia and Pain Medicine unit at Holy family Hospital, he setup team to work for introducing FIPM diploma at RMU. Having passion for Pain Medicine and excelling in its MSc, Prof Jawad had a deep understanding of the need for this fellowship and made this possible with help from the worthy VC</p>
	<p>DR ABEERA ZAREEN MBBS, FCPS, CHPE, MSc Pain Medicine Assistant Professor Anesthesia Rawalpindi Medical University and Allied Hospitals</p>	<p>Working as Assistant professor of Anesthesia at Holy Family Hospital, Dr Abeera has deep interest in Pain medicine and after her FCPS in Anesthesia she has also excelled in MSc. She is responsible for Formulation, proof reading and editing of curriculum of FIPM, under kind supervision of Prof. Dr. Jawad. She is also Coordinator of internal and Visiting faculty for this program</p>
	<p>DR. SOBAN SARWAR GONDAL MBBS, FCPS (Neurosurgery), FICS, CHPE, MSc Pain Medicine Senior Registrar Neurosurgery, Rawalpindi Medical University and Allied Hospitals</p>	<p>Dr Soban Gondal did his FCPS in Neurosurgery and working as Senior Registrar at Holy Family Hospital and has keen interest in Spine and Pain management. He is responsible for Formulation, proof reading and editing of Logbook of FIPM Neurosurgery, under kind supervision of Prof. Dr.Jawad. He is also Coordinator of internal and Visiting faculty for this program.</p>



LOG BOOK

Fellowship In Interventional Pain Medicine (F.I.P.M.)

Name of Candidate _____

Registration No. _____



*This is to certify that to the best of my knowledge all entries in the log book
of _____ (Trainee name)
having the Registration no. _____ are correct.*

Name of Supervisor _____

Official stamp with designation _____

INDEX

White Pages
Pain procedures
Key to Competency Level
Green Pages
FORM-A : Out Patient Performance
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Pink Pages
FORM-D : Academic Activities, Cases Presented at Meetings
FORM-DD Pain Workshops
Grey Pages
FORM-E: Summary Sheets (Modules 1-8)

Pain Procedures

PROCEDURES DEGREE-I	PROCEDURES DEGREE-II
ACUPUNCTURE	EPIDUROGRAPHY
ACUPRESSURE	EPIDURAL IMPLANTS
AXILLARY BLOCK	FACET BLOCKS
ANKLE AND FOOT BLOCKS	GLOSSOPHARYNGEAL NERVE BLOCK
BRACHIAL PLEXUS BLOCK	INTRAPLEURAL ANALGESIA
DEEP CERVICAL PLEXUS BLOCK	LUMBAR SYMPATHETIC BLOCK
ELECTRO ACUPUNCTURE	OBTURATOR NERVE BLOCK
EPIDURAL STEROID INJECTION	PSOAS BLOCK
ELBOW BLOCK	PARAVERTEBRAL SOMATIC BLOCK
FEMORAL NERVE BLOCK	SACOILIAC JOINT INJECTION
INTRA ARTICULAR INJECTIONS	SACRAL PLEXUS BLOCK
INTRASCALENE BLOCK (WINNIE'S APPROACH)	THORACIC PARAVERTEBRAL BLOCK
INTRASCALENE BLOCK (MEIER'S APPROACH)	
INTERCOSTAL NERVE BLOCK	PROCEDURES DEGREE-III
ILIOINGUINAL/ILIOHYPOGASTRIC NERVE BLOCK	CHEMONUCLEOSIS
INTRA ARTICULAR KNEE BLOCK	CRYO NUCLEOSIS
KNEE/POPLITEAL BLOCK	CELIAC PLEXUS BLOCK
LATERAL CUTANEOUS NERVE OF THIGH BLOCK	DISCOGRAPHY
MIDHUMERAL BLOCK	GASSERIAN GANGLION BLOCK
OCCIPITAL NERVE BLOCK	INTRADISCAL ELECTROTHERMAL ANUULOPLASTY
PENILE BLOCK	NUCLEOPLASTY
PERIPHERAL NERVE STIMULATION	PERCUTANEOUS CORDOTOMY
PENS	PERCUTANEOUS LASET DISCECTOMY
SUPERFICIAL NERVE BLOCK	RADIOFREQUENCY ABLATION
SUBCLAVIN PERVASCULAR BLOCK (SPV)	SELECTIVE NERVE ROOT BLOCK
SUPRASCAPULAR NERVE BLOCK	SPINAL CORD STIMULATION
SUBCORACHOID INTRACLAVICULAR BLOCK	SPHENO PALATINE BLOCK
SCIATIC NERVE BLOCK	SPINAL ENDOSCOPY
TENS	VERTEBROPLASTY
VERTICAL INFRACLAVICULAR BLOCK	
WRIST BLOCK	

KEY TO COMPETENCY LEVEL

1. Observer Status
2. Assistant Status
3. Performed Under Supervision
4. Performed independently

A

OUT PATIENT PERFORMANCE

A-1:OUT PATIENT PERFORMANCE: ACUTE PAIN: TRAUMA CASES (25 CASES)

MCQs

No	DATE	NAME OF PATIENT	AGE SEX	COMPLAINTS	DIAGNOSIS	TREATMENT	INTERVENTION	LEVEL

Signature of Supervisor _____

A-2:OUT PATIENT PERFORMANCE: ACUTE PAIN: CANCER PAIN (15 CASES)

MCQs

No	DATE	NAME OF PATIENT	AGE SEX	COMPLAINTS	DIAGNOSIS	TREATMENT	INTERVENTION	LEVEL

Signature of Supervisor _____

B

INDOOR PERFORMANCE

MCQs

B-1: INDOOR PERFORMANCE: CANCER PAIN (15 CASES)

No	DATE	NAME OF PATIENT	AGE SEX	COMPLAINTS	DIAGNOSIS	TREATMENT	INTERVENTION	LEVEL

Signature of Supervisor _____

B-2: INDOOR PERFORMANCE: POST-OPERATIVE PAIN (45 CASES)

MCQs

No	DATE	NAME OF PATIENT	AGE SEX	COMPLAINTS	DIAGNOSIS	TREATMENT	INTERVENTION	LEVEL

Signature of Supervisor _____

B-3: INDOOR PERFORMANCE: CHRONIC PAIN (40 CASES)

MCQs

No	DATE	NAME OF PATIENT	AGE SEX	COMPLAINTS	DIAGNOSIS	TREATMENT	INTERVENTION	LEVEL

Signature of Supervisor _____

C

PAIN PROCEDURES

MCQs

C-1: PAIN PROCEDURES: FIRST DEGREE (85 CASES)

No	DATE	NAME OF PATIENT	AGE SEX	COMPLAINTS	DIAGNOSIS	TREATMENT	INTERVENTION	LEVEL

Signature of Supervisor _____

C-2: PAIN PROCEDURES: SECOND DEGREE (55 CASES)

MCQs

No	DATE	NAME OF PATIENT	AGE SEX	COMPLAINTS	DIAGNOSIS	TREATMENT	INTERVENTION	LEVEL

Signature of Supervisor _____

C-3: PAIN PROCEDURES: THIRD DEGREE (10 CASES)

MCQs

No	DATE	NAME OF PATIENT	AGE SEX	COMPLAINTS	DIAGNOSIS	TREATMENT	INTERVENTION	LEVEL

Signature of Supervisor _____

D

ACADEMIC ACTIVITIES

D: ACADEMIC ACTIVITIES: CASE PRESENTED AT MEETINGS/SEMINARS (10 CASES)

MCQs

No	DATE	CASE/PAPER PRESENTED	PLACE	BRIEF DESCRIPTION	CREDITS ALLOWED

Signature of Supervisor _____
DD: PAIN WORKSHOPS / CAMPS ATTENDED

MCQs

No	DATE	ACTIVITY	PLACE	BRIEF DESCRIPTION	CREDITS ALLOWED

Signature of Supervisor _____

E

SUMMARY SHEETS

MCQs

SUMMARY RECORDS OF PROCEDURES DONE – MODULE 1

No	PROCEDURE	DEGREE	MONTH			3 MONTHS TOTAL

SIGNATURE OF SUPERVISOR _____

MCQs

SUMMARY RECORDS OF PROCEDURES DONE – MODULE 2

No	PROCEDURE	DEGREE	MONTH			3 MONTHS TOTAL

SIGNATURE OF SUPERVISOR _____

MCQs

SUMMARY RECORDS OF PROCEDURES DONE – MODULE 3

No	PROCEDURE	DEGREE	MONTH			3 MONTHS TOTAL

SIGNATURE OF SUPERVISOR _____

MCQs

SUMMARY RECORDS OF PROCEDURES DONE – MODULE 4

No	PROCEDURE	DEGREE	MONTH			3 MONTHS TOTAL

SIGNATURE OF SUPERVISOR _____

MCQs

SUMMARY RECORDS OF PROCEDURES DONE – MODULE 5

No	PROCEDURE	DEGREE	MONTH			3 MONTHS TOTAL

SIGNATURE OF SUPERVISOR _____

MCQs

SUMMARY RECORDS OF PROCEDURES DONE – MODULE 6

No	PROCEDURE	DEGREE	MONTH			3 MONTHS TOTAL

SIGNATURE OF SUPERVISOR _____

MCQs

SUMMARY RECORDS OF PROCEDURES DONE – MODULE 7

No	PROCEDURE	DEGREE	MONTH			3 MONTHS TOTAL

SIGNATURE OF SUPERVISOR _____

MCQs

SUMMARY RECORDS OF PROCEDURES DONE – MODULE 8

No	PROCEDURE	DEGREE	MONTH			3 MONTHS TOTAL

SIGNATURE OF SUPERVISOR _____