

# Pain management in Ethiopia

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Zero Pain conference, Butare

# Disclosure

- None

# Outline

- Background
- Current practice
- Challenges
- Way forward

# Pain management in Ethiopia

- Highly neglected
- Knowledge, skill and attitudinal gap among health care providers
- Culturally Variable
- Economic burden of untreated pain is not well understood
- Pain research

- Assessment of Acute Pain Management and Associated Factors among Emergency Surgical Patients in Gondar University Specialized Hospital Emergency Department, Northwest Ethiopia, 2018

70 % of patients report moderate to severe pain after receiving analgesic

# Pain Education

- Not included in the undergraduate medical curriculum
- No included in Anesthesiology curriculum
- Lack inservice pain trainings
- Other medical specialities give no emphasis on pain management

# Challenges

- Knowledge, skill, attitude towards pain management
  - Shortage of drugs and lack of regular supply
- Ethiopia- extremely minimal opioid use

*In 2003 Ethiopia had one of the lowest morphine /capita consumption 0.0005mg compared with the global mean of 5.85mg. Again in 2006, the consumption was reported as 0.0002mg/capita; Uganda 0.3136mg/capita; Mali 0.0181mg /capita; Sudan 0.0230 Kenya; 0.1292mg/ Capita*

# Challenges...

- Bureaucratic system that doesn't harbour change
- Shortage of manpower



# Done so far

- Recruitmed a team of pain interested anesthesiologists
- Just started acute pain service in November 2018 ( mostly orthopaedic and labour ward)
- Developed a national perioperative pain guideline
- Identified a space for chronic pain unit
- Some advocacy work
  - CME on pain management to surgical society of Ethiopia
- Pain management is incorporated in Anesthesiology curriculum
- Incorporated to Induction program of residents from different specialities

# Done so far

- Collaboration with the Ministry of health
- Identified potential international partners

# Remains to be done

- Create Multidisciplinary team for pain management
- Advocacy
- Research and education
- Protocols and Guidelines
- Create a system that works – consultation and patient followup
- Collaboration- local and international
- Short term pain management trainings – scale up country-wide

# Summary

- Pain management is not well understood in Ethiopia
- Challenges are expected
- We are on the right track with a lot of work remaining.
- Being part of the change needed is extremely rewarding.

Thank you