



A Healthy People. A Wealthy Nation

# **PAIN-FREE HOSPITAL INITIATIVE IN RWANDA PRESENTATION**

**VEDASTE HATEGEKIMANA**

***PFHI SENIOR OFFICER/RBC***



# BACKGROUND

- In Rwanda approximately 10 704 are new cases of cancer with 7662 related deaths
- Assuming that 80% of people with advanced cancer and 50% of people with advanced HIV experience moderate or severe pain
- Approximately 7,200 people died in pain each year from cancer or HIV
- The minimum amount of opioids required to treat the estimated 7,200 people is 44 kg of morphine
- These estimates do not include people with traumatic injuries, burns, childbirth, and myocardial infarction, and their pain management needs should be also taken into consideration



## BACK GROUND

- To address this quality of care gap, Rwanda's Ministry of Health (MOH) began local production of oral morphine solution in November 2014
- Rwanda has clinical pain management guidelines developed in 2012, as well as a national palliative care policy developed in 2011
- The policy specifically calls for ensuring availability of oral morphine and integration of pre-service and in-service training on pain management.



# BACKGROUND

- There is under-prescription of pain medicines mainly opioids among patients reporting moderate to severe pain
- Palliative care services are provided in all hospitals
- Beginning in 2017, Rwanda's MOH through Rwanda Biomedical Center (RBC) initiated the **pain free hospital initiative program (PFHI)** in collaboration with American Cancer Society (ACS).



# PAIN FREE HOSPITAL INITIATIVE

- Quality improvement program aims at promoting quality pain management in hospitals and improving the availability of essential pain medicines in the country by:
  - **Equipping** clinicians with the skills and tools to effectively evaluate(assess), document and treat pain
  - **Supplying** appropriate drugs to treat pain



# MAIN INTERVENTIONS OF PFHI PROJECT

- Training of health care providers on adequate assessment and management of pain
- Provision of education materials and guidelines for pain management
- Supply management of pain medicines focusing on Oral Morphine Solution.



# HOSPITALS IMPLEMENTING THE PFHI PROJECT

**Currently, the project is being implemented in the following 11 hospitals**

## **Phase 1**

- Bushenge Provincial Hospital
- Butaro District Hospital and Cancer Center of Excellence
- Kibagabaga District Hospital
- Ruhengeri Referral Hospital
- Rwamagana Provincial Hospital

## **Phase 2**

- Centre Hospitalier Universitaire de Butare (CHUB) through it's zero pain progarm
- Gisenyi District Hospital
- Kibungo Referral Hospital
- Kibuye Referral Hospital
- Nyamata District Hospital
- Ruhango Provincial Hospital



## KEY ACHIEVEMENT

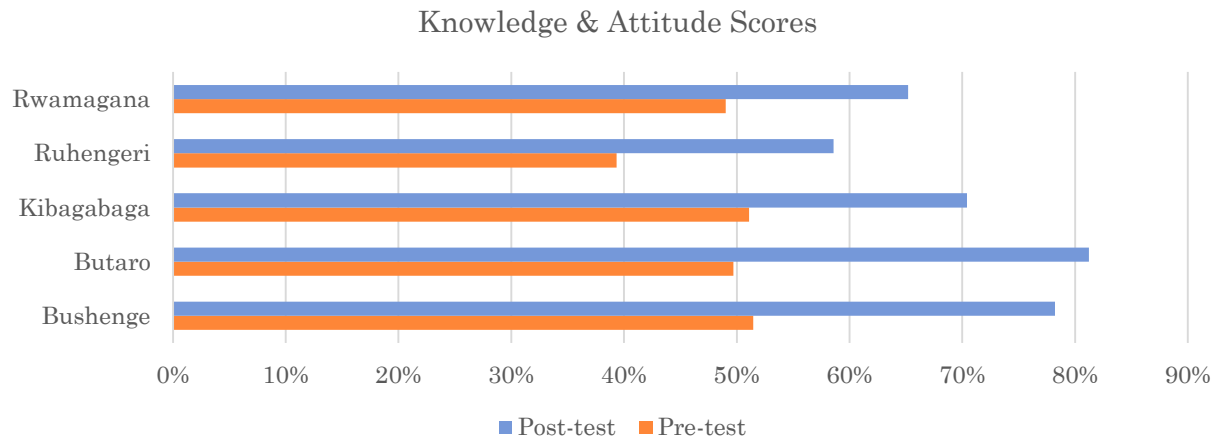
- **510 clinicians** (doctors, nurses, pharmacist, Anesthesiologists, ...) have been trained through onsite trainings led by staff champions at Phase 1 implementing hospital
- **Out of an estimated 602 healthcare workers across the five Phase 1 hospitals, 510 (~85%) have participated in the PFHI training.**
- **300 Clinicians are trained in this second phase**





# KEY ACHIEVEMENT

- Knowledge and skills on pain management are improved
- Performance on pre-test & post-test results



# TOTAL NUMBER OF HEALTH WORKERS TRAINED AS OF NOVEMBER 2019

	Facilities	Doctors	Nurses/ Midwives	Pharmacists	Others	Unknown	Total by Facility
1	Bushenge District Hospital	14	77	1	15	-	107
2	Butaro District Hospital and Cancer Center of Excellence	27	98	2	26	-	153
3	Kibagabaga District Hospital	13	36	7	36	-	92
4	Ruhengeri Referral Hospital	-	-	-	-	117	117
5	Rwamagana Provincial Hospital	5	33	1	2	-	41
	Totals by Cadre	59	244	11	79	117	510



# KNOWLEDGE ASSESSMENT



# KEY ACHIEVEMENT

- In all hospitals the pain scores have significantly reduced from severe(6-10) pain to mild pain(1-2).
- Number of patients reporting severe pain decreases
- Best practice in pain assessment and documentation have improved since pain has become a 5<sup>th</sup> vital sign





# ACHIEVEMENT

- Oral Morphine solution has been consistently available at all implementing hospitals
- Morphine prescription among clinicians has improved and the rate of Morphine use has increased
- All hospitals can have access to Oral Morphine solution for free



# ACHIEVEMENT

- Pain management tools are available in those hospitals.



# WAY FORWARD

- Rolling out of the PFHI program in all hospitals
- Decentralization of the PFHI project at health center level
- Continuous mentorship to hospitals for quality improvement
- Upgrading the local production of oral morphine solution.





## CONCLUSION

- PFHI is an effective quality improvement project and its sustainability will be important for increasing access to effective pain management
- Maintaining regular pain assessment as a 5<sup>th</sup> vital sign will increase pain awareness among both clinician and patients.
- Regular supply of analgesics is very key in such pain management project



## CONCLUSION

- Hospital leadership involvement could be mandatory
- Pain treatment should depend on pain assessment
- Putting in place project sustainability measures
- There is a need of encouraging more initiatives from government or civil society for bringing more awareness on pain management.



END

- *TOGETHER WE  
WILL REACH TO  
PAIN FREE OR  
ZERO PAIN*

**THANK  
YOU**

