ANES304A: Chronic Pain Management Clerkship
Medical Student Orientation
Points of Contact

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Why Pain?

Institute of Medicine Report

100 million American adults suffer from chronic pain
- Major public health issue
- Greater than hear disease, DM, cancer – combined!
- ~10% of post-surgical pts develop chronic pain

Pain costs the US over $600 billion/year in lost productivity

Across health care and society alike, there are major gaps in knowledge/education regarding pain
Key Points and Goals for Rotation

- To understand that chronic may present as a disease in itself
- Interdisciplinary care is the gold standard of care
  - Biopsychosocial model is greater than biomedical model alone
  - Treatment = Medical + Physical Rehab + Psychological + Self Management
- Understanding chronic pain will enhance and supplement your knowledge, skills and abilities for all areas of medicine
- This rotation will allow you to assist not only your patients, but family, friends and loved ones regarding pain
Stanford Pain Division

Mission Statement
Predict, prevent, and alleviate pain through science, compassion, and education
Stanford Pain Clinic: Overview

- We are large tertiary/quaternary referral center with a large catchment area
- > 15,000 patient visits/year
- > 100 faculty/staff
  - Diverse group including anesthesia, PM&R, Neurology, Medicine, PhD-Psychology, PhD-PT, NPs, PAs, RNs, SW, etc.
  - 7 ACGME Clinical Pain Fellows
  - 2 APA Clinical Pain Psychology Fellows
  - Numerous NIH funded research projects + others
Stanford Pain Center: Integrated Comprehensive Model of Care

- GI Pain (Collaboration with GI Medicine)
- Headache (Collaboration with Neurology)
- Pelvic Pain (Collaboration with Urology)
- Orofacial Pain (Collaboration with Dentistry, ENT, Neurology, Neurosurgery)
- Pain and Addiction (Collaboration with Psychiatry)

Stanford Pain Management Center
Pain Medicine Physicians, Pain Psychology, Physical Therapy, Nutrition, Acupuncture, Biofeedback, Nursing, Pain Registry, Research Infrastructure
Pain Division Leadership

Sean Mackey, MD, PhD  
Redlich Professor  
Division Chief  
Director, SNAPL  
Anesthesia, Pain

Einar Ottestad, MD  
Assoc. Div. Chief of Acute Pain  
Anesthesia, Pain

Ming Kao, MD, PhD  
Clinic Chief  
Physiatry, Pain

Meredith Barad, MD  
Assoc. Div. Chief of Education  
Neurology, Pain
Anuj Aggarwal, MD
Clinical Instructor
Anesthesia, Pain

Meredith Barad, MD
Clinical Assoc. Prof.
Neurology, Pain

Ian Carroll, MD
Assistant Professor
Anesthesia, Pain

Stephen Coleman, MD
Clinical Asst. Prof.
Anesthesia, Pain, Internal Medicine

Beth Darnall, PhD
Clinical Prof.
Psychology, Pain

Ryan Derby, MD
Clinical Asst. Prof
Anesthesia, Pain

Pamela Flood, MD
Professor
Anesthesia, Pain

Alpana Gowda, MD
Clinical Asst. Prof.
Pain
Jennifer Hah, MD
Assistant Prof.
Anesthesia, Pain

Michele Jehenson, DDS
Clinical Assoc. Prof.
Orofacial Pain

Josh Kirz, PhD
Clinical Assoc. Prof.
Clinical Psychology, Pain

Jiang-Ti Kong, MD
Clinical Instructor
Anesthesia, Pain, Acupuncture

Michael Leong, MD
Clinical Assoc. Prof.
Director of Neuromodulation
Anesthesia, Pain

Chinwe Nwaneshiudu, MD
Clinical Instructor
Pain

Heather Poupore-King, PhD
Clinical Assist. Prof.
Pain Psychology Fellowship Director
Psychology, Pain
Vanila Singh, MD  
Clinical Assoc. Prof.  
Anesthesia, Pain

Kale Wedemeyer, MD  
Clinical Instructor  
Anesthesia, Pain

Xiang Qian, MD  
Clinical Assoc. Prof.  
Anesthesia, Pain

Vafi Salmasi, MD  
Clinical Instructor  
Anesthesia, Pain

Vivi Tawfik, MD, PhD  
Assistant Prof.  
Anesthesia

Kristen Slater, PsyD  
Clinical Instructor  
Psychology, Pain

Peter Schmidt, MD  
Clinical Instructor  
Anesthesia, Pain

Natacha Telusca, MD  
Clinical Instructor  
Anesthesia

Peter Schmidt, MD  
Clinical Instructor  
Anesthesia, Pain

Vivi Tawfik, MD, PhD  
Assistant Prof.  
Anesthesia

Natacha Telusca, MD  
Clinical Instructor  
Anesthesia

Kale Wedemeyer, MD  
Clinical Instructor  
Physiatry, Pain
Additional Faculty

VOLUNTEER/ADJUNCT CLINICAL FACULTY
- Sheena Aurora, MD
- William Brose, MD
- Steven Feinberg, MD
- Annu Navani, MD
- Jordan Newmark, MD
- Gabriel Schonwald, MD

AFFILIATED FACULTY
- David Clark, MD, PhD
  - Clinical Professor, Palo Alto VA Hospital
- Peter Barelka, MD
  - Pain Physician, Palo Alto VA Hospital
Education during Rotations

Metrics:
- Medhub evaluations used to evaluate rotation and faculty (anonymous)
- Feedback will be provided through at the end of the rotation from faculty that you worked with; Yun Tao will help obtain feedback for you

Common Pain Conditions to Learn/Review:
- Chronic neck and low back pain
- Headaches
- Post surgical/post-traumatic pain
- Neuropathic/nerve injury pain
- MSK related pain
- CRPS
- Abdominal and Pelvic Pain
- Cancer Pain
- Safe Opioid Prescribing
Overview of the Rotation

You should have received separate orientation materials for the Acute Pain Service where you will be rotating (this is at Stanford Hospital).

The Chronic Pain Clinic is located in Redwood City at 450 Broadway St in Pavilion A on the 1st floor, with operating rooms where procedures are performed located on the 3rd floor (also known as the OSC – Outpatient Surgical Center).

You will often be assigned who you are working with by Alyssa Martinez before the start of the rotation.

Materials in this orientation are reflective of the chronic pain clinic and procedures; not the acute pain service.
Day to Day Schedule

Clinic

M and F – 7am lecture, clinic starts at 8:30am

T, W, Th – 8am lecture/teaching, clinic starts at 8:30am

W and F – Noon Multidisciplinary Conference (lunch provided)

At times other lunch time conferences (journal club, neuromodulation conference)

Procedures

M – 7am lecture, first procedure starts 8:15am

T, W, Th – first procedure starts at 7:10am

F – 7 am lecture, first procedure starts at 7:15am but you can join after lecture
Clinic....

Day to day will vary from faculty to faculty
Will typically see a few patients per day, most new patients, and at times you will shadow given the complexity of our patients
You can see and participate in clinic/ultrasound procedures
When seeing patients, please knock on doors, gel hands, obtain basic H+P, and present to faculty

But what about documentation??
Clinic Nuts and Bolts

Documentation:
- Type notes and accept; attending will close encounter
- Can take smart phrases “clinicnewfellow” and “clinicfufellow” from either Dr. Barad or Dr. Aggarwal for note template – but use with caution
- Attending will do orders and patient instructions
- Feel free to ask for assistance from attendings or fellows
OSC/Operating Room Pearls

Wear Black Scrubs only

We do wide variety of procedures – ultrasound blocks, radiofrequency ablations, blood patches, implants, epidurals etc.

Ask attending and fellow to help interpret fluoroscopic images – even if you never do a fluoroscopic procedure, it is a great way to learn anatomy!
Call Schedule + Documents in Email

There is no call for medical students on this rotation

Chronic Pain Orientation Basics – nuts an bolts, quick reference sheet
Chronic Pain Syllabus – for reading, reference
Chronic Pain Common Pain Syndromes – for reading, reference
Logistics…

Parking – plenty of parking available currently at Redwood City; there is a shuttle from Caltrain station (not operated by Stanford, check commute.org – RWC – MidPoint route)

OSC scrubs and lockers available in locker room (3rd floor) – OSC staff can assist in getting access to scrub machine

Most access codes in clinic are 17227

Dress code – for clinic business/professional attire, white coat acceptable

To do:
1) Get picture of your badge to Esteban (front and back, back with ID number, to get badge access to OR and Clinic if not already obtained)

2) If not done, please have someone orient you to the clinic space and show you around