

Chronic Pain Orientation Basics

Chronic Pain Rotation

1. Points of Contact

- Anuj Aggarwal, MD Medical Student Rotation Director (akaggarw@stanford.edu, 714-697-9543)
- Meredith Barad, MD Associate Division Chief of Education (mbarad@stanford.edu)
- Alyssa Martinez: Resident and medical student coordinator
- Ming Kao MD, PhD, Clinic Chief, Stanford Pain Center, Redwood City
- Esteban Valenzuela, Clinic Manager, Stanford Pain Center, Redwood City

2. Clinic overview

- Exam rooms: Exam rooms 31 and 32 typically for physical therapy. The reminder will be marked for the day with each attending or fellow's name
- Infusion rooms: There are 2 rooms and are reserved with for ordered lidocaine and ketamine. This are located near the nurse's office at the front of the clinic.
- Nursing: Nurses office is near the front of the clinic. The nurses are resources for information. ***The nurses prepare all medications for in-clinic procedures.***
- Fellow room/name board
 1. Put your name on the board- this will allow the medical assistants to know who you are and give you patient charts.
 2. Dedicated resident computer- this is near the window in the fellow workroom.
 3. Code to fellow workroom 17227; code to procedure workroom 17227.

3. Clinic flow

- Seeing patients: The expectation is that you DO NOT see an attending's full schedule. Attending should pick an some patients for you to see (3-5/day) ***If you are seeing a full schedule, Dr. Aggarwal and Barad must know immediately.***
- Working with attendings
 1. Typically A2 attending or based on assignment done by Alyssa Martinez
 2. You can see other patients if interesting case exists
 3. Ultrasound procedures occur in the procedure rooms daily. Check the schedule to see if there are any interesting cases.
- Choirprovider.org: This is our main clinic work tool. Due to your short rotation, we do not give access. Have a fellow log you in at the beginning of each day.
 1. Homebase for patient reporting
 2. Procedure resources
 3. Opioid conversion
 4. Infographics
 5. Elsevier patient education

CHOIR Provider

Documentation

- CHOIR Report
- Subjectives
- Objectives
- Impression
- Pt. Instructions
- Pt. Education

Pain Division

Division Org Chart

Pain Clinic

Patient Education

Marketing material is now [here](#)

[Elsevier Patient Education](#) is the official SHC Patient Education site

Ming's Clinician & Patient Handouts

Chronic Pain

- Multi-Modal Pain Management [Single-Page PDF Folded Brochure](#)
- Pain Cycle [PDF](#)
- Pain Signal [web PDF](#)
- Comprehensive Surgery Pain Management [web PDF](#)
- Nerve Interventions [PDF](#)
- Medications [PDF](#)

Pain Cycle

4. Templates

- New patient template .clinicnew
- Return template .clinicfu
- Patient instructions. Please ensure all patients leave with instructions. .patientinstructions
- Elsevier patient education: on Choirprovider.org
- Be sure to complete notes by end of day

5. Procedures

- All procedures performed at Redwood City. OR procedures are done in the Outpatient Surgery Center on the third floor. If you have not been to the OSC, please stop upstairs prior to your procedure weeks to get scrub machine access. Procedures are done in ORs 7 or 8. There is a separate preop area for our patients. The preop area is next to OR 8.

4. Lecture schedule

- Monday/Friday: 0700, 1-hour chronic pain lectures. Visiting speakers are also invited for these lectures. Residents, fellows, and attendings should sit at the conference room table. If all the seats are taken, please sit in the seats behind the table along the walls.
- Tuesday, Wed, Thursday: 0800, 30-min mini-lecture. These are topics selected by the attending of the day (A1) and cover a broad variety of topics.

- Wed, Friday: 1200, pain conference. This is a multidisciplinary presentation that includes discussion with the pain physical therapists, psychologists, and outside specialists including neurology and GI. There is FREE FOOD available.

Miscellaneous

- Hours reporting
- Illness: if you are sick, please notify Alyssa Martinez and Dr. Aggarwal and Dr. Barad via email.