

## **Pain Education for Non-Pain Specialists in the Philippines**

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The Philippines is composed of around 7,700 islands with an estimated population in 2018 of 106,500,000 million, 52% living in the rural areas. As of the present count there are only ninety-seven (97) recognized pain specialist in the country by the Philippine Board of Pain Medicine. Furthermore there are only three (3) training centers that offer Fellowship in Pain Medicine. These training centers usually graduate 2-3 pain specialists/year. With these statistics, the ratio between the population and the number of pain specialist is roughly one (1) pain specialist for every one million and thirty-six thousand (1.36 M) Filipinos. The accessibility to a pain specialist is worsened by the fact that most of these pain specialists are found in the big cities. The dismal ratio provided the impetus for the Pain Society of the Philippines to launch the Pain Education Program for non-specialists in the Philippines in 2015. This program is in partnership with an industry that provides the logistics.

The pain education program consists of six modules as follows: general concepts of pain, chronic pain, neuropathic pain, central sensitization dysfunctional pain, low back pain and acute pain. As of March 2019, the program has conducted thirty-four (34) workshops in just four (4) regions. There is still much area to be covered by the Pain Society of the Philippines. This presentation shall present the strategies, and lessons learned to further improve the pain education for non-pain specialists in the country.