

Impact of Cancer Pain Education In Myanmar

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Cancer pain is troublesome and undertreated in individual with malignancy during the disease trajectory. Some implementation projects for cancer pain management had been done in Myanmar. There had been collaboration between Ministry of Health and Sports of Myanmar (MOHS) and Asia Pacific Hospice Network (APHN) since 2013. Palliative care training program including cancer pain management was started in Yangon General Hospital from 2013 to 2016. This training program was conducted by voluntary faculty members of APHN from Singapore, Australia and Malaysia. By the end of this program, health care professional have wider view of knowledge regarding cancer pain management. There were new development in giving services for cancer pain management by opening of new palliative out-patient clinic in Yangon general hospital and Mandalay general hospital in 2017. The trained health care professional give active total care of pain management to patients, family members and care-givers. Patients and family members are also more reliable to palliative and pain management. Regarding the pain medication, there was breakthrough in pain management. Myanmar Pharmaceutical industry had been successfully manufacturing oral opioids since 2017, that will promote successful pain management. There has been great area for research and generation of educational intervention. Pain medicine and palliative care will be included in future curriculum of both undergraduate and postgraduate students in Medical Universities and Nursing Universities.

In conclusion, there has been huge positive impact of cancer pain management in daily practice due to training program of health care professional that was organized by APHN and MOHS of Myanmar and availability of oral morphine. These improvement lead to reduce the suffering of patients, improve the quality of life of patients and reduce the burden of family members and caregivers. However, we are beginning stage in cancer pain education because of limited pain education program in two tertiary hospitals and limited targets due to limited human resources and financial restraint. In future, we are hoping to extend our education activities to other hospitals and public.