

7<sup>th</sup> International Conference and Exhibition on

# Pain Research and Management

October 11-12, 2018 | Zurich, Switzerland

## Which is challenging? Chronic pain or chronic pain education/training: Bringing the innovative solution into medical education, research and practice

**Ali Hasan Alqahtani**

Orthopain Center, Kingdom of Saudi Arabia

Chronic pain is perceived by physicians and healthcare systems worldwide as a major challenge. It costs USA more than the cost of cancer, cardiovascular diseases, and AIDS. Despite the major efforts to solve this problem, these efforts have gone in the wrong direction. Chronic pain associated knowledge and pain practices are dissociated. Researches, medical education, legislation priorities and directions are influenced by economic dominance. All available medical/surgical specialties dealing with chronic pain can't see the full picture of the nature and dimensions of chronic pain. Chronic pain is either neuromusculoskeletal, neurovisceral or neuroendocrine dysfunction. A new training/education fellowship had been created at McMaster University in Canada 2007- 2010. This is a 30 months fellowship that included rotations in pain center under anaesthesia, outpatient musculoskeletal physiatry, podiatry, pain psychiatry, neurology, pain psychology, palliative medicine, spinal surgery, sports medicine, complementary/alternative pain medicine. This advanced training/education involved an extensive literature review of the past 30 years of research. The main outcome of this model is an advanced approach to diagnosis and treatment. The main focus is on diagnosing and treating underlying cellular dysfunction and the physical, mental and social dysfunctions using save and cost-effective options. A comprehensive mechanisms specific treatment protocol is used (the RRMMHS protocol) which means:

R: Regenerative, R: Rehabilitative, M: Medication-conventional, M: Mind-body medicine (including psychotherapy), H: Herbal medicine, S: Supplements.

### Biography

Ali Hasan Alqahtani, from Saudi Arabia. consultant Chronic Pain and Musculoskeletal Medicine. He has obtained the Canadian fellowship in chronic pain/musculoskeletal medicine in 2010 from McMaster University ,and double board Family Medicine from National Guard Medical City in 2000. He have created a new fellowship at McMaster University that combines pain and musculoskeletal Medicine from the perspective of anaesthesia, physiatry, sport medicine, podiatry, pain psychiatry, pain psychology, palliative med., regenerative med, and complementary/alternative pain medicine. The main goal was to fill the gaps in knowledge, skills, researches, education and legislation. He was the first graduate from this 30 months fellowship. It was recognized ,by CAPM and McMaster University ,As the most extensive and most comprehensive training in Canada, which included extensive literature review of the past 30 years literatures from different perspectives. He has implemented the outcomes of this fellowship in KSA since early 2010. He is a primary contributor for a major change in pain services in his country under Ministry of Health. He has established the integrative Chronic Pain Center as a private center in Riyadh after five years of Chronic Pain practice in the largest medical city in KSA, then 4 years in his own center in Riyadh, The first Model/center of its kind in the KSA.

pain.dr1@hotmail.com

### Notes: