

National Pain Strategy Portugal

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Steering Committee Coordinator

National Strategic Plan for Prevention and Pain Control”

National Pain Strategy- Portugal

1999 - Working Group dedicated to pain

Directorate-General for Health

APED – Portuguese IASP Chapter

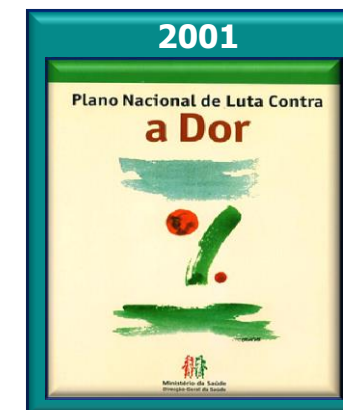
National day against pain



National Program for the Fight of Pain 2001 – 2007

Acute/Chronic Pain Units in 75% Public Hospitals

General principles Organization/Pain management



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- June/2003- Pain as 5th Vital Sign

...The Directorate-General for Health published a regulation which declares pain to be the Fifth Vital Sign. As such, it has since become considered good clinical practice and mandatory to evaluate and record the intensity of pain regularly, in all health care services

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- 2004 **Competence in Pain Medicine**
(Portuguese Medical Association)
 - Way of promoting and recognizing the specialization of physicians dedicated to this field of medicine
 - APED, Anesthesiology, Rehabilitation Medicine, Neurology, Neurosurgery, Oncology, Rheumatology, Orthopaedics

- 2008 A population-based nationwide study on the prevalence, characteristics and associated disability of chronic pain in Portugal
 - National Pain Observatory, based at Faculty of Medicine, University of Porto.
 - **+14% adult population reports moderate to severe chronic pain**

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- National Program for Pain Management (2008)
 - Reduce the prevalence of non-managed pain in the Portuguese population;
 - Improve the quality of life of patients living with pain;
 - Rationalize resources and control the costs necessary for the management of pain.

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- 2008-2012
 - Strong **opioid reimbursement**: 37 – 95%
 - The Directorate-General for Health published **guidelines**:
 - Use of opioids in the treatment of noncancer pain
 - Management of pain in the elderly
 - Management of pain in childhood
 - Organization of acute pain units

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- National Strategic Plan for Prevention and Pain Control”
 - 2014-2020
 - Pain in childhood and adolescence
 - Organization of chronic pain units and improvement of interaction with primary care
 - Change the the paradigm of pain education: recommendations to medical specialties