

REPORT

Report on participation of the ICMR International Fellow (ICMR-IF) in Training/Research abroad

Sr. No.	Heading	Details
1	Name and designation of ICMR-IF	Dr. Sukanya Mitra, Professor of Anaesthesiology
2	Address	Department of Anaesthesia & Intensive Care, Govt. Medical College & Hospital, Sector 32, Chandigarh 160030
3	Frontline area of research in which training/research was carried out	Pain management and palliative care
4	Name and address of Professor and host institute	Professor Rajbala Thakur, M.D., Professor of Anesthesiology and Physical Medicine & Rehabilitation, Medical Director, Anesthesia Clinical Research Center, Department of Anesthesiology, University of Rochester Medical Center, School of Medicine and Dentistry, 601 Elmwood Avenue, Rochester, NY 14642, USA
5	Duration of fellowship	15 days (September 15-29, 2014)
6	Highlights of work conducted	
(i)	Technique/expertise acquired	<p>The primary purpose of my ICMR International Fellowship was to gain an exposure to the various newer medical and interventional modalities of pain management in patients with cancer and those in palliative care. It enabled me to gain a firsthand experience in opioid management, opioid rotation and also substitution therapies relevant in cancer pain scenarios. I also had an exposure to different interventional procedures required for such patients in the stage four of WHO ladder. I gained experience in the use of special medications or their novel formulations in the management of cancer breakthrough pain, e.g., ketamine, fentanyl buccal and other preparations, newer opioids, etc.</p> <p>I also gained expertise in dealing with acute postoperative and non-cancer chronic pain by working in the inpatient pain service and outpatient pain center of the host institute.</p>

(ii)	Research results, including any papers prepared/submitted for publication	An important secondary purpose of my visit was to explore jointly with my mentor there various possibilities of future collaboration in service and research in the area of pain management, in ways that can be mutually beneficial for both the institutes, countries and for the millions of patients in pain. After exploring the possibilities and the existing resources in place there, we have generated a research proposal in the area of pain management and palliative care research utilizing patient experience as the key driver of change. This proposal has been submitted to ICMR for funding.
(iii)	Proposed utilization of the experience in India	An important purpose of my visit was to get accustomed to the various pain management protocols being followed in the host institute on the use of epidural and intravenous patient-controlled analgesia systems. These protocols are extremely important for standardizing the treatment of pain in a reliable and fail-safe manner so that later on they can be taught to pain nurses and pain technicians to carry on the task under supervision of pain anesthesiologist. This will greatly improve the efficiency of our service while ensuring quality of the service as well as safety of patients. Further, management of terminally ill patients in hospice requires experience and expertise. My exposure to hospice management would enable me to start such facilities in our government setup, which would hugely benefit terminally ill patients in the end of their life.
7	ICMR Sanction No.	INDO/FRC/452/S-06/2014-15-IHD dated 10 June 2014

Sukanya Dutta

Signature of ICMR-IF