



# ALLEVIATE PAIN MEDICINE FELLOWSHIP PROGRAMME 2021-22





## APPLICATION FOR ALLEVIATE PAIN MEDICINE FELLOWSHIP PROGRAMME

As a leading global academic community for innovative education in pain management, regenerative medicine and spine care, **Alleviate** not only organizes courses and forums suited for different participants, but also supports many of our applicants for observational and hands on fellowship.

**Alleviate fellowship** provide the following benefits:

- Additional experience in techniques for fully trained specialists interested in pain management
- Exposure to the professional network of Alleviate Pain Management Centers
- Additional clinical experience and hands on experience for fellows
- Obtain a fellowship certification in pain medicine upon completion of fellowship program

### Fellowship Types

Duration	Fees for Indian Students	Fees for International Students
2 weeks fellowship	INR 30,000*	USD 500*
1 month fellowship	INR 50,000*	USD 750*
3 months fellowship	INR 100,000*	USD 1500*
6 months fellowship	INR 200,000*	USD 3500*
1 year fellowship	INR 300,000*	USD 4500*
Flexible fellowship	Please Contact us for details	

\*Excluding 18% GST Tax

### Alleviate Fellowship Criteria

1. Proof of being a Medical Doctor and an anaesthetist or orthopaedic or physical medicine rehabilitation specialist, etc
2. A CV including: - Proof of training - Proof of interest in Pain management.
3. Two current reference letters.



4. Have some previous experience on pain management.
5. A list of publications and/or lectures written or delivered by the applicant (Preferably published at least one to two in pain management/orthopaedics/physical medicine rehabilitation etc related articles in peer review journal).
6. Copy of valid practicing license.
7. Proposed research plan (max. 500 words) (mandatory for applicants who apply for 3 months or above fellowship. Successful applicants are required to submit a research project after the fellowship).

## **During the Fellowship**

The fellow must agree and follow Alleviate Fellowship Pain Management Standardized Program. The fellow is expected to follow the daily routine of the clinic and should be available for emergencies at night and on weekends.

Temporary leave of absence needs approval from the head of the clinic.

If, for some reasons, the fellow wishes to change the placement or leave prior to completion of the allotted period, permission must be sought from the head of the clinic.

## **Curriculum**

### **Education**

- Anatomy
- Introduction to pain medicine
- Assessment of pain
- History taking and examination
- Pharmacotherapy
- Fluoroscopy - demonstration on mannequin and practice
- Ultrasound - Basics, knobology, scanning techniques, sonoanatomy, sonopathology, demonstration of techniques and practice
- Head and neck - anatomy , pain pathologies, interventions- theory, procedure and mannequin practice
- Spine - Cervical, thoracic, Lumbar, Sacral- [anatomy , pain pathologies, interventions- theory, procedure and mannequin practice]
- Musculoskeletal [Shoulder, knee, hip, ankle joints] - [anatomy , pain pathologies, interventions- theory, procedure and mannequin practice]
- Psychotherapy
- Physiotherapy and rehabilitation
- Palliative care and end of life care
- Sports injuries
- Clinical Nutrition
- Clinical Psychology



## Clinical rotation

Clinical Rotation Departments	1-year fellows	6-month fellows	3-month fellows
Pain Clinic and Interventions	46 weeks	22 weeks	10 weeks
Psychiatry & Psychology	2 weeks	1 week	1 week
Radiology	1 week	1 week	3 days
Physiotherapy & Rehabilitation	2 weeks	1 week	1 week
Diet and Nutrition	1 week	1 week	3 days

- Fellows will be posted in all our centres - Dasarahalli/Sadashivnagar/Indiranagar
- Fellows will have to actively participate in all camps conducted by Alleviate. Fellows are expected to co-ordinate with PR team to plan a camp. Further they should take charge & with help of faculty should be able to take thorough history/clinical examination/diagnostic ultrasound/prescribe medicines whenever necessary.

## Additional educational activities

### Lectures

The fellows have ample time allotted to didactic sessions of Pain Medicine lectures which include alternate days of one hour teaching sessions from 10:00 to 11:00 AM room, which is equipped with audio and video. Active trainee participation is expected.

### Journal club

every 2 weeks (Wednesday's 3pm to 4pm).

Journal club helps to interpret medical literature. A review of a mix of influential papers and newer literature offers a comprehensive background of evidence-based clinical practice and knowledge of pain mechanisms.

### Interesting case presentation by fellow

every 2 weeks (Thursday's 3pm to 4pm)

### Monthly multidisciplinary case discussions

(Saturdays 4pm to 5pm).

## Teaching and Research Opportunities for Fellows

A primary goal of Alleviate fellowship is to develop effective teaching skills. Partnering with a faculty member, all fellows teach one or two sessions of a monthly pain medicine lecture series (Tuesdays 3pm to 4pm). Attending partners give feedback on presentation and teaching skills. Fellows will have to present at-least 1 Paper (1 year fellow) and 1 Poster (6-month fellow) in National/International conference.



## Post Fellowship

At the end of completion of fellowship, the fellow has to submit the following document:

- Fellowship Feedback Form
- Fellowship Logbook
- Fellowship Report (About 500 words with 4 – 5 photos)
- Research Report (publication)
- After completion of the fellowship, the candidate will be assessed based on their performance on the exit exam (theory and practical examination).
- Each fellow will receive the fellowship certificate from Alleviate Pain Management Centre upon completion.

## Faculty

- Dr Khaja Javed Khan *MBBS, MD, FIPM, FIAPM*
- Dr Tushar B Munnoli *MBBS, MD, FIPM, FPCI*
- Dr Wiquar Ahmed *MBBS, DA, FIPM*
- Dr Prashanth R Putran *MBBS, MD, PDCC, FIPM, FIAPM*
- Dr Santoshi Kurada *MBBS, MD, FIPM, Fellow in Critical care (UK)*
- Dr Swagatesh Bastia *MBBS, MS(Ortho), FIPM, Fellow in Trauma and Ortho (UK)*
- Dr Faraz A Syed *MBBS, MS(ORTHO), AO Spine Surgery Fellow (UK)*

## Alleviate Pain Medicine Fellowship Application

Fill in the application form and submit all the required supplementary documents to Alleviate Headquarters via email ([fellowship@alleviatepain.in](mailto:fellowship@alleviatepain.in))



Alleviate fellowship rating committee council will evaluate all applications



Alleviate will coordinate fellowship placement for the successful fellows according to their preferred dates



After the fellowship dates are confirmed, Alleviate will issue the final confirmation & agreement to fellows



Upon completion of fellowship, fellows are required to send the fellowship reports in order to receive Alleviate Fellowship in Pain Medicine



**ALLEVIATE PAIN MEDICINE FELLOWSHIP APPLICATION FORM (2021-22)**

**Name:**  
Last \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_

**Date of Birth (DD/MM/YY)** \_\_\_\_\_

**Qualifications** \_\_\_\_\_

**Address** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_

**ZIP** \_\_\_\_\_ **Country** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

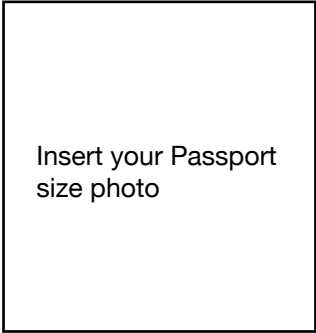
**Citizenship** \_\_\_\_\_

**Current Hospital/Institution** \_\_\_\_\_

**Designation** \_\_\_\_\_ **Date of joining** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_

**ZIP** \_\_\_\_\_ **Country** \_\_\_\_\_



**MEDICAL TRAINING & EDUCATION**

**Residency 1:**

**Hospital Name** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_

**Country** \_\_\_\_\_ **Specialty Dates (M/Y-M/Y)** \_\_\_\_\_

**Residency 2:**

**Hospital Name** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_

**Country** \_\_\_\_\_ **Specialty Dates (M/Y-M/Y)** \_\_\_\_\_

**Honours/Awards**

\_\_\_\_\_

\_\_\_\_\_

**Internship:**

**Hospital Name** \_\_\_\_\_



City \_\_\_\_\_ State \_\_\_\_\_  
Country \_\_\_\_\_ Dates (M/Y-M/Y) \_\_\_\_\_  
Honours/Awards \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Undergraduation:**

Institution Name \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Country \_\_\_\_\_ Dates (M/Y-M/Y) \_\_\_\_\_  
Honours/Awards \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**TYPE OF FELLOWSHIP (please tick one)**

- |                                   |  |
|-----------------------------------|--|
| <input type="checkbox"/> 2 Weeks  | <input type="checkbox"/> 1 Month   |
| <input type="checkbox"/> 3 Months | <input type="checkbox"/> 6 Months  |
| <input type="checkbox"/> 1 Year   | <input type="checkbox"/> Flexible (please specify your preferred period) _____ |

**INTERVIEW SCHEDULING (please select one)**

- The following general time period is most convenient for me:  
From: \_\_\_\_\_ To: \_\_\_\_\_
- I am able to schedule an interview on the following specific date(s):  
Date: \_\_\_\_\_ Date: \_\_\_\_\_
- I am not available for an interview.

I have read and I understand the instructions for completing this application. I certify that the information submitted in this application, and in supplemental documents, is complete and accurate to the best of my knowledge. I understand that any false or missing information may disqualify me for this position.

Signature of Applicant \_\_\_\_\_ Date \_\_\_\_\_