

11th International Conference on **Anesthesia and Pain Medicine**

July 20, 2026 | Webinar

Assessment of Chronic Pain Management Practices Among Pain Specialists in South Africa**Naledi Mokoena**

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Background: Chronic pain remains a major contributor to disability worldwide. Effective multidisciplinary management improves quality of life and reduces long-term healthcare burden.

Objective: To evaluate current clinical practices and perceptions regarding chronic pain management among healthcare professionals in South Africa.

Method: A structured online questionnaire was distributed to anesthesiologists and pain physicians across South Africa. Data regarding treatment strategies, patient education, and multidisciplinary collaboration were analyzed descriptively.

Result: Seventy-two percent of respondents regularly used multidisciplinary treatment approaches. Sixty-six percent

reported improved patient outcomes with combined pharmacological and non-pharmacological therapies, while 79% emphasized the importance of patient education.

Conclusion: Multidisciplinary chronic pain management is well recognized among South African clinicians. Strengthening collaborative care models may further improve long-term patient outcomes.

Biography

Dr. Naledi Mokoena is a consultant anesthesiologist and pain physician with expertise in chronic pain management, interventional pain procedures, and perioperative analgesia. She is actively involved in clinical research, education, and initiatives that promote equitable access to comprehensive pain care.