



Pain Management Nursing Exam Review

Course Description

This pain management nursing seminar is designed to follow the blueprint for the Pain Management Nursing Board Certification, but is very relevant for all nurses caring for patients in pain. It addresses both acute and chronic pain syndromes of all ages. The course will cover specialty populations such as the cognitively impaired and addicts. It includes various aspects of pain: physiology, assessment, interventions that include both complementary and alternatives, crisis management and the ethics of pain.

Program Learning Outcomes

This program prepares the learner to:

- Describe the Pain Management Nursing Exam, test plan and the practice requirements to sit for the exam.
- Construct a study plan for the exam based on understanding the blueprint and domains of practice covered.
- Identify common mistakes and pitfalls that are made during studying and testing for the exam.
- Recall the core components covered in the exam through didactic supplementation and test questions.

Agenda

Sign-in begins at 7:30 am. Each day includes a one-hour lunch (on your own), as well as a morning and afternoon break of 15 minutes each. The order of lectures presented and break times may vary according to speaker preference.

Day 1, 8:00 am to 4:30 pm

- 0800 **Pathophysiology of Pain**
Acute vs. Chronic | Nociceptive vs. Neuropathic | Science of Pain | Consequences of Unrelieved Pain
- 0930 **Break**
- 0945 **Pain Assessment**
Components of Pain Assessment | Tools | Associated Symptoms
- 1145 **Lunch**
- 1245 **Common Pain Syndromes**
Cancer | Lower Back Pain | Bone Pain | Complex Regional Pain Syndromes (CRPS) | TMJ | Headaches
- 1345 **Break**
- 1400 **Sedation**
Assessment of Sedation | Tools | Anxiolytics | Non-Pharmacological Management of Sedation
- 1500 **Psychosocial Issues of Pain**
Assessment of Patient and Family's Barriers to Pain Management | Quality of Life | Coping Strategies | Spiritual Care
- 1600 **Pain Management Certification Test Review**
- 1630 **Adjourn**

Day 2, 8:00 am to 3:30 pm

- 0800 **Pharmacological Management of Pain**
Opioid | Nonopioid | Adjuvants | Side Effects
- 1000 **Break**
- 1015 **Routes of Treatment**
Oral, IV, IM | PCA | Transdermal | Spinal
- 1100 **Chronic Use and Abuse: Pain Management**
Opioid Withdrawal | Addiction, Tolerance | Physical Addiction and Pseudoaddiction
- 1145 **Lunch**
- 1245 **Non-Pharmacological Treatment and Complementary Alternatives**
Physical (Exercises, Spinal Stimulators, Massage, Thermal, Positioning) | Environmental | Magnets | Acupuncture, Chiropractory | Homeopathy | Herbals
- 1345 **Break**
- 1400 **Crisis Management of Pain**
Intractable Pain | Suicide | Chronic Pain Syndromes
- 1445 **Ethics of Pain Management**
Bias | Placebo Use | End-of-Life Considerations | Patient Self-Determination
- 1530 **Adjourn**

Accreditation

RN/LPN: 13 Contact Hours

Med-Ed, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Med-Ed, Inc. is an approved provider by the following State Boards of Nursing: **Florida**/FBN 3215, **Iowa**/296, **California** #CEP10453.

If your profession is not listed we suggest contacting your board to determine your continuing education requirements and ask about reciprocal approval. Many boards will approve this seminar based on the accreditation of the boards listed here.

© 2015 MED-ED, Inc. All rights reserved.

