



Pain Management Essentials

Course Description

This course is designed to provide the nurse with information regarding assessing and managing their patients' pain. Pain physiology is reviewed to assist the nurse in understanding pain and the role of pain in recovery. The course also addresses some of the common pain management issues that occur in the acute care setting, such as managing the pain of a substance abuser.

Program Learning Outcomes

This program prepares the learner to:

- Understand the physiology of pain and the role the mind plays in perception of pain.
- Describe the purpose of pain assessment and acceptance of patient's self-report of pain.
- Identify alternative methods for managing a patient's pain.

Agenda

Sign-in begins at 7:30 am. The 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.

8:00 am to 5:00 pm

Painful Perceptions: What is Pain?

Physiological Differences | Anatomy and Physiology of Pain Transmission | Pain Pathways

Pain Assessment

Common Issues | Self-Report vs. Behavioral Responses and Vital Signs | PQRST Technique | Tools

The A's of Pain: Analgesics and Anxiolytics

Opioid | Nonopioid | Side Effects | Administration and Dosing

Acute and Chronic Drug Abuse

Identification | Physical Addiction and Pseudoaddiction | Withdrawal

Neuropathic Pain: Special Populations

Physiology and Assessment | Management

Sedation Devastation

Assessment | Tools | Classifications of Sedatives

Against the Norm: Alternative Methods of Pain Control

Mind-Body Therapy Technique | Laughter, Distraction and Cutaneous Stimulation | Herbal Preparations

Accreditation

RN/LPN: 7.5 Contact Hours

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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.



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