

## Department of Nursing Administration Nursing Education

### Course Outline

### Chronic Pain Management Workshop

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**Course Title**

Chronic Pain Management Workshop

**Course Duration**

8 hrs (1 Day)

Please indicate if selected others: | |

**Number of Run Per Year**

2

**Target Participants**

- Registered Nurses
- Enrolled Nurses
- Choose your target participant.

Pre-requisite: | *Example- Advanced Diploma in Nursing (Orthopaedics)* |

**No. of Participants** *(Maximum number of participants allowed.)*

- | 20 |

**Aim**

- This course is designed to provide learners with greater understanding of chronic pain, identifies various types of pain, and applying pain management strategies using pharmacological and non-pharmacological method.

**Course Objectives**

At the end of the workshop, participants will be able to:

- Understand the definition of chronic pain and its impact on patient's quality of life.
- Recognize and understand the various chronic pain conditions.

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- Discuss the assessment and management of different chronic pain conditions in the clinical settings.
- Understand the role of psychology in pain management.
- Relate to the roles of psychology in pain management.

Course Content	Duration
1) Cancer Pain <ul style="list-style-type: none"><li>• Assessment of cancer pain</li><li>• Cancer pain and quality of life</li><li>• Pharmacological interventions</li><li>• Pharmacological interventions</li></ul>	1 hour
2) Musculoskeletal Pain <ul style="list-style-type: none"><li>• Low back pain and its management</li><li>• Fibromyalgia and its management</li></ul>	1 hour
3) Neuropathic Pain <ul style="list-style-type: none"><li>• Diabetic neuropathy</li><li>• Post herpetic neuralgia</li><li>• Phantom limb pain</li><li>• Complex regional pain syndrome</li></ul>	1 hour
4) Psychology in Pain Management <ul style="list-style-type: none"><li>• Cognitive behavioural theory</li><li>• Mindfulness approach</li><li>• Multidisciplinary team approach</li></ul>	1 hour
5) Nursing Management for Cancer Pain	2 hours
6) Nursing Management for Non-Cancer Pain	2 hours

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#### **Teaching Methodology** (e.g.; Lecture, Video, Role play, Practical or Group discussion)

- Lecture
- Demonstration and practical activity by Psychologist
- Case Studies

#### **Assessment Methodology** (e.g.; Post-Test, Classroom competency assessment or others)

- Quiz
- Case Studies

#### **Theory Test Passing Score** (if applicable)

- NA

#### **Trainers**

- Doctors
- Clinical Psychologist
- Advance Practice Nurse / Nurse Clinician
- Assistant Nurse Clinician
- Senior Staff Nurse

#### **Contact Person**

Name (in full) : Mabel Yap

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