



Essential Pain Management (EPM)

Using a Palliative Approach



HPC Consultation Services
Waterloo Wellington

EPM Content & Objectives

EPM Content

The EPM course is broken down into the following components

- **Getting Started module and quiz**
- **Four foundational modules:**
 - Laying the Foundation
 - Understanding Pain
 - Assessment
 - Approaches to Pain Management
- **Coaching Sessions**
 - **Mandatory:** One EPM coaching session
 - **Optional:** Multiple coaching sessions targeting learner-specific needs (90 min each)
- **Multiple case-based, interactive activities** to practice tools and approaches
- **Multiple self-checks** to help you test your understanding
- **Four quizzes** to unlock your certificate

Advanced Approaches to Manage Pain (AMP)

Optional

Following EPM, you will have automatic access to the online AMP Preparation Module to explore advanced pain management.

Following successful completion of the AMP Preparation module, and the AMP module quiz, you'll earn your AMP Preparation badge. At that time, you will be invited to register for the 3-hour, in-person AMP coaching session. To receive an AMP certificate, you must complete:

- the online AMP Preparation Module and
- one mandatory 3-hour, in-person, AMP coaching session with case-based activities to practice your skills

By attending the AMPs Coaching Session, learners will be able to understand and apply advanced pain management concepts to their nursing practice. Concepts covered in the AMPs session through case-based learning will include:

- Equianalgesia Dosing Chart
- Why & when to Consider Opioid Rotation
- Opioid Rotation Calculation Worksheet
- Opioids Frequently Used in Palliative Care Resource
- Incomplete Cross Tolerance
- Opioid rotation calculation practice & case application
- Key pain management health teaching, communication & clinical tips

Guiding Course Objectives

By the end of this course, you should be able to:

- identify a palliative approach to pain management differs from other forms of pain management (Note: course content does not focus on primary chronic pain)
- describe common challenges, myths and misunderstandings that pose potential barriers to providing pain management, particularly when caring for persons from diverse cultural backgrounds.
- understand the pathophysiology of the pain pathways in order to understand the approaches to palliating pain.

- use evidence informed strategies and tools to complete pain assessment based on the unique needs of the person and practice setting
- demonstrate effective approaches to communication about pain management for the person/family, and the healthcare team
- recognize opportunities to collaborate with the care team to manage pain effectively based on the persons identified goals of care
- provide education for person/family related to pain assessment and management.