



This program includes up-to-date, best practice and evidence-informed palliative care knowledge, utilizing the innovative Partnering for Palliative Education learning environment, powered by D2L Brightspace.

Course Content

As nurses, we need to continually strive to enhance our knowledge, skill and abilities to deliver quality person-centered care; building our capacity to support excellent pain management is valuable regardless of the setting we work in. We believe health care providers have a professional responsibility to understand pain to advocate for the best treatment plan possible for our patients' pain management.

Local palliative nurse consultants work with EPM learners to provide foundational knowledge and skills in pain assessment, management and evaluation from a palliative care approach. The focus of the course is on the **Pharmacological Management of Pain** which can then be applied to practice.

- *Due to continuous changes in hospice and palliative care, we recommend re-taking EPM every five years.*
- *We recommend learners allow at least six weeks to complete all the required course components.*

The EPM course is broken down into the following components:

See [Technology Requirements](#)

Level 1: Essential Pain Management (EPM) Curriculum (Total Hours: 18)

- **Getting Started Module (+ quiz) ***
- **Foundational Modules (+ quizzes*):**
 - 1: Laying the Foundation
 - 2: Understanding Pain
 - 3: Assessment
 - 4: Approaches to Pain Management
- **EPM Coaching Session (90 minutes)** to target learner-specific needs
- **Multiple Case-based, Interactive Activities** to practice tools and approaches
- **Multiple Self-checks** to help test learner understanding

To receive an EPM certificate, learners must complete:

- EPM modules and quizzes
- EPM coaching session

Notes:

- **Learners must achieve a score of 100% (unlimited attempts) on each module quiz to see the content of the next available module*
- *Following completion of Level 1 - EPM, learners will have automatic access to the online AMP Preparation Module to explore advanced pain management.*

Level 2: Advanced Approaches to Manage Pain (AMP) Curriculum (Total Hours: 5)

- **AMP Preparation Module (+ quiz*)** - The AMP module provides a more in-depth look at equianalgesia and explores additional information on the application of pain management principles to specific skills and pain scenarios including:
 - Titration of Breakthrough Doses (BTD)
 - Opioid Rotation
 - Pain from Bony Metastases
 - Incident Pain Management
 - Intractable Pain
 - Interventional Approaches

Following successful completion of the AMP Preparation module, and the AMP module quiz, learners will earn an AMP Preparation badge. At that time, learners will be invited to register for the online AMP coaching session.

- **AMP Coaching Session (3 hours)** with case-based activities for skills practice

To receive an AMP certificate, learners must complete:

- AMP preparation module and quiz
- AMP coaching session

Note **Learners must achieve a score of 100% (unlimited attempts) on the AMP quiz*

Guiding EPM Course Objectives - By the end of this course, learners should have:

1. Explored the concept of pain and its management highlighted through the lens of a palliative approach to care.
2. Examined pathways, processes and mechanisms that result in the experience of pain and how pain management attempts to relieve it.
3. Reviewed and utilized evidence-informed pain assessment strategies and tools to enhance learner clinical practice.
4. Explored pharmacological approaches to managing pain as well as the critical thinking that supports it.