

Serving Health Care Professionals & Hospice Volunteers across Waterloo & Wellington



Essential Pain Management (EPM)
Using a Palliative Approach
Winter 2025

**Sign Up
Now**
Cost: \$40

<https://hpcconnection.ca/education/courses/ww-hpc-courses/essential-pain-management/>



Effective Pain Management (EPM) – Level 1

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.

Over six weeks, local palliative nurse consultant coaches 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.

Included in the EPM Curriculum:

- Getting Started Module and Quiz
- Four Foundational Modules:
 - Module 1: Laying the Foundation
 - Module 2: Understanding Pain
 - Module 3: Assessment
 - Module 4: Approaches to Pain Management
- Coaching Sessions:
 - One mandatory 90-minute EPM coaching session targeting learner-specific needs. **Learners may attend more*
- Multiple case-based, interactive activities to practice tools and approaches
- Multiple self-checks to help test your understanding
- Four quizzes to unlock your certificate

Please Review:

[EPM Content & Objectives](#)
[Technology Requirements](#)

**Optional
Module**

Advanced Approaches to Manage Pain (AMP) Preparation – Level 2

As part of EPM, and following successful completion of EPM Module 4, those interested in exploring advanced pain management are welcome to complete the **AMP Preparation Module**.

Included in the AMP Preparation:

- Review of Equianalgesia
- Incident Pain
- Opioid Rotation Calculation Worksheet (ORCW)
- Intractable Pain
- Pain from Bony Metastases
- Interventional Approaches to Manage Pain

An AMP Certificate of Completion will be awarded to you following successful completion of:

- AMP Preparation Module
- AMP Module Quiz
- One mandatory 3-hour, online AMP Coaching Session with case-based activities to practice your skills

Course Availability

Pre-requisite: EPM has been designed to benefit and appeal to **all classes of nurses** who care for adults living with life-threatening or life-limiting illnesses.

Important Details to Note:

- All coursework & materials are provided online
- Learners interact with peers/coaches via two-way communication on Zoom
- Within 3 business days of enrollment, login details for the learning platform will be sent to you from Brightspace
- Course fees are non-refundable

Details	Winter 2024 Course	Fall 2025 Course
Course Enrollment Dates:	Feb 17 - May 5, 2025	Details Coming Soon
Coaching Sessions:	Begin Mar 17, 2025	
Course Work to be Completed by:	Jun 30, 2025	
Registration:	Sign Up Now!	

For more information, contact: hpcinfo@hospicewaterloo.ca