



Serving Health Care Professionals & Hospice Volunteers across Waterloo & Wellington



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

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

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



Essential Pain Management (EPM) - Online

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.

Note: Due to continuous changes in hospice and palliative care, we recommend re-taking EPM every five years.

During EPM, 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.

The EPM course is broken down into the following components:

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

- **Getting Started**
- **Foundational Modules**
 - 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

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

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

Notes:

We recommend learners allow at least six weeks to complete both levels of EPM

Please review course: [Content & Objectives](#)
[Technology Requirements](#)

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:

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| <ul style="list-style-type: none"> • All coursework & materials are provided online • Within 3 business days of enrollment, login details for the learning platform will be sent to you from Brightspace | <ul style="list-style-type: none"> • Learners interact with peers/coaches via Zoom • Certificates (EPM & AMP) will be issued upon successful completion of all course components. • Course fees are non-refundable |
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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