



DEPARTMENT OF NURSING EDUCATION AND HEALTH STUDIES
COURSE OUTLINE – FALL 2018

NS 2710
Pain Assessment and Management
3 (3-0-0) 45 Hours UT

INSTRUCTOR: Teresa Evans RN, MN
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OFFICE HOURS: By appointment

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NS 2710

Pain Assessment and Management

CALENDAR DESCRIPTION:

This course offers an in-depth exploration of the multidimensional nature of pain, current pain theories and models and research-based knowledge and skills relevant for competence in pain assessment and management in nursing practice. An individualized, patient-centered and interprofessional team approach will be emphasized.

PREREQUISITE(S)/COREQUISITE:

NS 1500, PZ 1515; or equivalent, or with special permission from the instructor.

REQUIRED TEXT/RESOURCE MATERIALS:

There is no specific required textbook for this course; Resource Materials will be located on Moodle.

DELIVERY MODE(S):

This course will be face to face instruction and supported by GPRC's on-line course management system (Moodle). To access your course, visit <https://moodle.gprc.ab.ca/>.

COURSE OBJECTIVES:

Upon completion of this pain curriculum, the student will be able to:

1. Apply current knowledge of anatomy, physiology, pharmacology, psychology and sociology to the assessment and management of people with pain.
2. Distinguish between different types of acute, recurrent, and persistent (chronic) pain in terms of mechanisms, assessment, and management and understand the consequences of unrelieved pain.
3. Engage in regular evidence-based pain assessment and care planning that takes into account the sensory, cognitive, affective, behavioral, social, cultural, spiritual, and political components of the pain condition.
4. Identify professional, system, patients, family and community barriers to effective pain assessment and management.
5. Recognize individuals who are at risk for under treatment of their pain (e.g., individuals who are unable to self-report pain, neonates, cognitively impaired).
6. Use valid and reliable pain assessment tools that are appropriate to the needs of the individual patient and the demands of the care situation.
7. Discuss prescribed analgesics and adjuvants and their use in selected pain conditions.
8. Prevent and manage common adverse effects associated with pain treatment.
9. Describe the differences between physical dependence, psychological dependence (addiction), tolerance, and pseudo addiction.

10. Identify and deliver a range of basic physical and psychological comfort measures to decrease patients' pain.
11. Provide patients and family members with information about a variety of pain management interventions.
12. Demonstrate effective collaboration as a nurse-member of the interprofessional team that may include patients and family caregivers, to identify clearly defined, realistic and agreed upon goals for pain management.
13. Use accurate record-keeping and communication with patients, family caregivers, and members of the interprofessional team.
14. Practice in accordance with an ethical code that recognizes human rights, diversity, and the requirement to "do no harm."
15. Reflect critically on effective ways to work with and improve care for people with pain.
16. Recognize the importance of updating evidence based knowledge about pain and its management.

Adapted from the

International Association for the Study of Pain (2014). IASP Curriculum Outline on Pain for Nursing.

LEARNING OUTCOMES:

1. Students will explain the multidimensional nature of pain.
2. Students will identify, contrast and compare a variety of pain assessment tools.
3. Students will summarize selected issues in the measurement and management of pain.
4. Students will compare and contrast a variety of pharmacological and non-pharmacological strategies used in managing various pain conditions.
5. Students will be able to identify various factors involved in the effective assessment and management of pain.
6. Students will apply critical thinking to plan pain management strategies for selected clinical situations.

TRANSFERABILITY:

UA

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions.**

Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.

EVALUATIONS:

Evaluation	Percentage of Grade	Date:
Exam # 1	25%	October 10 th during class time
Exam # 2	35%	Exam Week December 9-19 th , 2018
Creative Project (30% Total)	Phase I – 10% Phase II – 20%	<u>Phase 1 The Interview Due:</u> Friday October 26 th @ 1600 hrs. <u>Phase 2 The Creative Part Due:</u> Friday November 16 th @ 1600 hrs.
Class Attendance/Participation	10%	Friday, December 7 th , @ 1600 hrs.

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

ASSIGNMENT OF FINAL GRADE:

The assignments are marked as raw scores. The marks on course assignment(s) will contribute to the overall letter grade according to the percentage that each assignment is weighted in the course. At the end of the course, all assignment scores are totaled for a term summary mark in the course based on the grading scale above. The FINAL COURSE GRADE is based on the cumulative total of individual student's weighted assignment marks.

COURSE SCHEDULE/TENTATIVE TIMELINE:

14 Week Course: Lecture: 3

Seminar: 0

Lab: 0

Week	Date	Topic
1	September 5th	First Class Course Overview Impact of Pain
2	September 12	Theories of Pain Types of Pain
3	September 19	Neurophysiology of Pain Part I
4	September 26	Neurophysiology of Pain Part II
5	October 3	The Patient's Experience with Pain
6	October 10	Exam # 1
7	October 17	Comprehensive Assessment of Pain
8	October 24	Pain Assessment and Management in Special Populations Last Day to Withdraw with permission October 25th, 2018 Creative Project Phase 1 Due Friday, October 26th at 1600 hours
9	October 31	Pain & the Interdisciplinary Team
10	November 7	Pharmacological Interventions for Pain
11	November 14	Persistent Pain and Addiction Creative Project Phase 2 Due Friday November 16th at 1600 hours
12	November 21	Physical Interventions for Pain
13	November 28	Psychological Interventions for Pain
14	December 5	Complementary Interventions for Pain
	Exam Week	Exam # 2 Exam Week December 9-19 th , 2018

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities located in:

Academic and Administrative policies are available on the same page.

www.gprc.ab.ca/about/administration/policies

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Calendar at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.gprc.ab.ca/about/administration/policies>