



## Pain Management Nursing Exam Review

### Presented by

**Kendra Menzies Kent, RN-BC, MS, CCRN, CNRN, SCRn, TCRN**

Kendra has an extensive and comprehensive knowledge base and is known for her ability to simplify complex material while maintaining audience attention. She received her BSN from the University of Texas in Arlington in 1985 and her MSN as a clinical nurse specialist from Texas Women's University in 1993. Her work includes critical care education for surgical/trauma, neurosurgical and thoracic surgery ICUs. She held positions in management and was a clinical nurse specialist in the SICU at Parkland Memorial Hospital in Dallas. Kendra was a staff nurse in the neurosurgical ICU at Harris Methodist Hospital, Ft. Worth, Texas, and currently lives in Florida, where she works in the ICUs at St. Mary's Hospital in West Palm Beach. Kendra has presented seminars throughout the country for over 15 years. She is certified by the American Association of Critical Care Nurses, American Neuroscience Nursing, and American Nurses Credentialing Center in Pain Management Nursing and is a Fundamental Critical Care Support Instructor (FCCS) for the Society of Critical Care Medicine.

**10.5 Contact Hours | Course Length: 624 minutes**

### Program Description

This course will prepare the nurse experienced in pain management to successfully complete the exam. The course provides information for the pain management nurse, covering each of the topics on the test plan along with information on the pathophysiology of pain transmission, pain terminology and assessment of pain interventions, including the ethical issues in pain management.

### Program Learning Outcomes

*This program prepares the learner to:*

1. Develop an understanding of the normal pain pathways and the use of pharmacological and non-pharmacological ways to diminish these pathways.
2. Relate pain assessment to interventions and outcomes, including acute, chronic and end-of-life pain.
3. Perform more complete pain assessments, and interact with patients to improve coping and pain management.

# Topics Covered

## 1 Introduction and Pathophysiology

96 minutes

### Module Description

This module will identify the different types of pain, including physiological, cognitive and emotional. It will address the location of nociceptors and ascending sensory pathways as well as the thalamus and cortical roles in pain perception. The complication of uncontrolled pain will also be discussed.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Describe the different types of pain, and discuss the physiology of each type.
2. Identify the neurotransmitter responsible for pain, and discuss the inhibitory neurotransmitters.
3. Discuss the pain pathway, from the peripheral to the cerebral cortex.
4. Describe the effects on each body system in patients with uncontrolled pain.

## 2 Neuropathic Pain

46 minutes

### Module Description

Neuropathic pain is a pain syndrome that is difficult to diagnose and can be caused by multiple underlying etiologies. It results in both peripheral and central sensitizations. This module will address specific assessments for neuropathic pain and identify the recommended algorithm for treating neuropathic pain. It will also discuss the psychosocial issues associated with neuropathic pain.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Define neuropathic pain, and identify common disease processes and injuries that result in a neuropathy.
2. State the common symptoms of neuropathic pain, and identify specific assessment techniques for neuropathic pain.
3. Discuss the pharmacological management of neuropathic pain.
4. Identify complementary pain managements used in managing neuropathic pain.

## 3 Common Pain Syndromes

86 minutes

### Module Description

The module will review common pain syndromes in regards to presentations and recommend treatment modalities. The emphasis is on the different treatment modalities specific to the neuropathic syndrome. It includes clinical presentation and differential diagnoses for the syndrome.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Discuss common acute pain oncology patients may experience and pharmacological treatment for bone pain.
2. Identify common causes of back pain, and discuss the different options for managing back pain.
3. Describe the characteristics of four different benign headaches, and discuss the abortive and preventative treatments for benign headaches.
4. Identify recommended pharmacological treatment for trigeminal neuralgia and fibromyalgia.

## 4 Addiction, Physical Dependence and Pseudoaddiction

55 minutes

### Module Description

This module will describe the differences between substance dependency and addiction. It will review the physiology of addiction in the brain and describe symptoms of substance abuse. It will also review "red flags" used to identify patients with substance addiction and abuse but also situations that may be mistaken for substance abuse.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Identify four red flags of addictive behaviors, and discuss the behaviors, which may be seen in pseudoaddiction.
2. Describe differences in addiction, pseudoaddiction and physical tolerance, and identify issues related to each.
3. Discuss common techniques for managing the pain of patients with known substance addictions, and discuss the professional issues of maintaining a trust relationship.
4. Discuss the options for managing pain in patients with history of substance abuse concerned about readdiction.

## 5 Teaching, Education and Collaboration

45 minutes

### Module Description

Patient education is an important aspect of patient care and includes education on pain management. This component includes the collaboration of the multiple disciplines. The focus of the module is on cultural diversity and accommodating the beliefs of different cultures and individualizing care. The module includes adult learning principles and developing patient education material specifically for pain and its management.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Describe the use of two-way conversations and teach-backs when performing patient education.
2. Identify the differences between culture generalization and cultural stereotyping.
3. Discuss how cultural and ethnic differences can become a barrier in assessing and adequately managing pain.
4. Identify techniques in credentialing a language interpreter for interpreting medical terminology in healthcare settings.

## 6 Crisis Situations and Ethics

49 minutes

### Module Description

A crisis situation is a result of uncontrolled pain and intractable pain. This module describes intractable pain, including the criteria for recognizing it. It also addresses the risk factors for depression and suicidal ideation for chronic pain patients. The module includes palliative and end-of-life care in patients with chronic, intractable pain. Pain management issues are presented, including the ethical principle of double effect in pain control.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Define intractable pain, and discuss the criteria used to diagnose intractable pain.
2. Identify red flags that may increase suspicion of healthcare providers of suicidal ideation in chronic pain patients.
3. Discuss the use of pain diaries in determining the frequency and severity of breakthrough pain, and identify a common way to adjust the pain medication dose according to breakthrough pain.
4. Define the principle of double effect, and discuss the use of this principle in pain management at the end of life.

## 7 Pain Assessment

65 minutes

### Module Description

Pain is how the patient defines it. Pain assessment can be difficult though and includes both subjective and objective data. This module discusses the common issues of pain assessment, including when the patient's self-report of pain does not match the direct observation of pain. It includes pain scales used in nonverbal patients or patients who experience dementia or cognitive impairment or who are pediatric patients.

### Module Learning Outcomes

*This module prepares the learner to:*

1. State the most reliable method used for pain assessment, and identify common behavioral signs of pain.
2. Identify the tools used to assess pain in nonverbal patients, patients with dementia and psychiatric patients.
3. Describe common conflict found in assessing pain severity and patients' behaviors, and discuss the potential reasons for these discrepancies.

## 8 Pharmacological Interventions

119 minutes

### Module Description

This module introduces the principles of pain management and the use of multiple medications effective at different levels, which work synergistically to control pain. It includes discussions on nonsteroidals, nonopioids, opioids and adjunctive therapy in pain management. It discusses the difference between opioid agonists and agonist-antagonists. The module will also include the use of equianalgesic and conversion charts used in determining appropriate doses and routes of analgesics. It will also include the advantages and disadvantages of the different routes of analgesic medications.

*(continued)*

(continued)

### **Module Learning Outcomes**

*This module prepares the learner to:*

1. Describe the mechanism of action for opioids, NSAIDs, anticonvulsants and antidepressants used in pain management.
2. Identify the common side effects of opioids and NSAIDs, and discuss side effects that are specific to each of the different opioid drugs.
3. Discuss the different issues that may influence the choice of the opioid or NSAID.
4. Discuss undertreatment issues that may relate to the nurses, physicians, patients and families.
5. Identify indications for administering pain medication in the intravenous route, and discuss potential complications of this route.

## **9 Surgical/Invasive Interventions**

**34 minutes**

### **Module Description**

Chronic pain patients commonly require invasive techniques to manage pain when pharmacological therapy is ineffective. This module presents the invasive procedures ranging from nerve root ablation treatments to ablation of brain structures. It includes the different routes of electromodulation therapy with spinal and deep brain stimulation.

### **Module Learning Outcomes**

*This module prepares the learner to:*

1. Describe the use of sympathetic blocks to manage chronic pain, and identify some locations of pain that may benefit from the block.
2. Describe the invasive techniques of pituitary ablation, cordotomy and neurolysis.
3. Identify patients who may benefit from spinal-cord stimulation, and discuss the process of determining tolerance of this method of pain management.

## **10 Complementary Interventions**

**29 minutes**

### **Module Description**

This module describes the use of complementary medicine to be added in the management of both acute and chronic pain. It addresses mind-body therapy and different relaxation and meditation therapies. It also discusses the use of acupuncture, spinal manipulation and herbal therapy. The module will introduce some of the research results of complementary pain therapy.

### **Module Learning Outcomes**

*This module prepares the learner to:*

1. Describe the concept of complementary medicine, and relate it to the use of CAM in pain management.
2. Identify methods of mind therapy, and discuss use of relaxation therapy, guided imagery, mediation and hypnosis.
3. Identify the different types of cutaneous stimulation that may be used in pain management, and discuss commonly used sites for cutaneous stimulation.

# Accreditation

## RN/LPN/LVN/Other: 10.5 Contact Hours

MED-ED, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (**ANCC**).

MED-ED, Inc. is an approved provider by the following State Boards of Nursing: **Florida**/FBN 50-1286, **Iowa**/296, **California** #CEP10453.

If your profession is not listed, we suggest contacting your board to determine your continuing education requirements and ask about reciprocal approval. Many boards will approve this seminar based on the accreditation of the boards listed here.

© 2018 MED-ED, Inc. All rights reserved.

