

ELNEC- For Veterans

END-OF-LIFE NURSING EDUCATION
CONSORTIUM

Palliative Care For Veterans

Module 2 Pain Management

PARTICIPANT OUTLINE

Module 2: Pain Management Participant Outline

- I. INTRODUCTION
 - A. Definitions
 - B. Status of pain relief in serious illness

- II. BARRIERS TO PAIN RELIEF
 - A. Importance of defining barriers to improve pain management
 - 1. Identify where obstacles exist
 - 2. Develop solutions to overcome barriers-
 - B. Specific barriers
 - 1. Healthcare professionals
 - 2. Healthcare system
 - 3. Patients/families
 - C. Strategies to overcome barriers
 - 1. Education of healthcare professionals
 - 2. Address system-based issues
 - 3. Education of patients and families
 - D. Guidelines
 - E. Role of culture
 - F. Ethical implications in providing pain management

- III. GOALS IN PAIN ASSESSMENT
 - A. Pain and symptom control
 - 1. Provide sense of control
 - 2. Relieve caregiver burden
 - 3. Optimize quality of life
 - B. Pain versus suffering at the end of life
 - C. Patients at-risk for under treatment of pain
 - 1. Older adults
 - 2. Non-verbal or cognitively impaired persons/unconscious patients
 - 3. Patients who deny pain
 - 4. Non-English speaking
 - 5. Cultural considerations
 - 6. Persons with a history of substance use disorder
 - D. Pain assessment
 - 1. Location
 - 2. Intensity
 - 3. Quality
 - 4. Temporal factors
 - 5. Aggravating/alleviating factors
 - 6. Past and current therapies
 - 7. Meaning of pain
 - 8. Associated symptoms
 - 9. Function

- 10. Risk assessment
- 11. Goals of care
- E. PQRST
- E. Physical examination
- F. Laboratory/diagnostic evaluation
- G. Reassess
- I. Communicating assessment findings

IV. PHARMACOLOGICAL THERAPIES

- A. Nonopioids
 - 1. Acetaminophen
 - 2. Nonsteroidal antiinflammatory drugs (NSAIDs)
- B. Opioids
 - 1. Mechanism of action
 - 2. Specific concerns
 - 3. Adverse effects
 - 4. Definitions
 - a. Substance use disorder
 - b. Tolerance
 - c. Physiological dependence
- C. Opioid epidemic
- D. Adjuvant analgesics
 - 1. Antidepressants
 - 2. Anticonvulsants
 - 3. Local anesthetics
 - 4. Corticosteroids
 - 5. Cannabis
- E. Routes of administration
 - 1. Oral
 - a. Immediate-release tablets/capsules
 - b. Long-acting (sustained-release) tablets/capsules
 - c. Liquid
 - 2. Transmucosal
 - a. Buccal
 - b. Sublingual
 - c. Nasal
 - 3. Rectal
 - 4. Transdermal
 - 5. Topical
 - 6. Parenteral
 - a. Intravenous
 - b. Subcutaneous
 - c. Intramuscular (not recommended)
 - 7. Spinal
 - a. Epidural
 - b. Intrathecal

- V. PRINCIPLES OF PAIN MANAGEMENT
 - A. Using long-acting and breakthrough medications
 - B. Rotating opioids
 - C. Converting from one route or drug to another
 - D. Caring for people with substance use disorder

- VI. CANCER THERAPIES USED TO RELIEVE PAIN
 - A. Radiation
 - 1. External beam
 - 2. Radionuclides
 - B. Surgery
 - C. Chemotherapy
 - D. Hormonal therapy
 - E. Other therapies

- VII. INTERVENTIONAL TECHNIQUES
 - A. Neurolytic blocks
 - B. Neuroablative procedures
 - C. Vertebroplasty/kyphoplasty

- VIII. NONPHARMACOLOGICAL TECHNIQUES
 - A. Physical measures
 - B. Psychological approaches
 - C. Complementary and integrative therapies

- VIII. CONCLUSION
 - A. Suffering/existential distress
 - B. Meaning of pain
 - C. Interprofessional approach