

# Pain Management

## AIM

To be able to provide effective care for those in pain

## DURATION

Half Day Course (3 hours)

## LEARNING OUTCOMES

By the end of this course you will:

- Recognise that many elderly people will be experiencing pain
- Know the risks of untreated pain
- Recognise the different types of pain
- Know how pain is assessed
- Recognise some pain scales and assessment tools
- Be aware of how pain can be treated

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## LESSONS AND TOPICS

### Pain

- Pain in the Elderly
- Risks of Untreated Pain
- Types of Pain
- Establishing the Existence of Pain

### Assessment and Monitoring

- Assessing the Level and Intensity of Pain
- Pain Scales
- Monitoring Pain

### Treatment

- Medication
- Types of Pain Medication
- PRN or Prescribed Pain Relief?
- Syringe Drivers
- Non-Medicinal Pain Management
- Planning Activities After Pain Relief
- Care Planning