

# Acute Pain Management

## Study Day for Nurses

MILDURA VENUE

### Aims and Objectives

At the conclusion of this study day the participants should:

- \* be well informed about the anatomy and physiology of pain.
- \* understand the different types of acute pain and their characteristics.
- \* appreciate the emotional aspects of a person affected by pain.
- \* identify key aspects of nursing assessment required for high quality pain assessment.
- \* know what is required for legally acceptable documentation of pain management interventions.
- \* list five major types of analgesia— their indications for use and side effects.
- \* be more skilled when teaching and advising patients who are in pain.

### Your facilitator for this seminar is: Julie Tonkin

*Julie is employed by as a Clinical Nurse Consultant – Acute Pain Management at the Queen Elizabeth Hospital, Adelaide. Julie has worked in acute pain management for the past 8 years; and she has now completed her Master of Science in Pain Medicine degree. Coming from a background in critical care nursing, Julie has a special interest in acute neuropathic pain and the psychological factors related to acute pain. She is a well informed and interesting teacher.*

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### Organised by Ausmed Conferences

Attendance at this program earns you

## 5.25 CNE Points

as part of the Royal College of Nursing, Australia Lifelong Learning Program.

This educational event has been endorsed by APEC No. 04083036

as authorised by Royal College of Nursing, Australia according to approved criteria.

The College recommends that nurses should aim to achieve 30 CNE points per year.



**Date:** Saturday, 15th March 2008

**Venue:** Hotel Mildura,  
120 Eighth Street,  
Mildura, Vic.

**Ausmed Conferences**  
**Enquiries: (03) 9375 7311**

An electronic copy of this program can be found online at:

**[www.ausmed.com.au](http://www.ausmed.com.au)**



8.30 Registration and enjoy a refreshing drink

9.00 **In Pain and Needing Relief**

Revision of important concepts:

- \* Anatomy and physiology of pain
- \* Why do we need to treat pain?
- \* Why do some pains stab and others ache?

10.30 Morning Tea and Coffee

11.00 **Nursing Assessment or Re-assessment and Pain Management**

- \* How do the signs and symptoms of acute pain differ from those encountered in persistent/intractable pain?
- \* Which assessment tools and skills ensure that a comprehensive pain assessment has been undertaken?
- \* How do you know when an older person, suffering from dementia, is experiencing pain?
- \* How often should acute pain be re-assessed?
- \* Comments on documentation of nursing assessment findings.

2.30 Lunch Break and time to Browse Through the Book Display

1.30 **Analgesia Update**

A snapshot of a range of analgesia and allied medications which may be prescribed for reducing pain.

- \* What are the benefits and risks in the use of patient-controlled-analgesia and epidural analgesia?
- \* Comments on common side effects and complications such as opioid addiction.

2.30 **Acute Pain Management – Principles and Dilemmas**

- \* Which principles facilitate evidence-based, post-operative pain management?
- \* When would pain be considered an adverse event?
- \* What happens to various body systems when they are impacted by under-treated pain?

3.00 Afternoon Tea and Coffee

3.30 **Essential Skills for Effective Patient Education**

- \* What skills do you need for assisting patients to set and achieve realistic pain control goals?
- \* How to deal with differing characteristics, such as patients who are over-anxious, demanding and/or pessimistic.
- \* Discussion of acute pain management resources and referral information.

4.15 Close of Acute Care Pain Management Study Day

**REGISTRATION FORM—ACUTE PAIN MANAGEMENT: MILDURA**

Registration for this event to be held on Saturday, 15th March 2008.

Name: ..... Position: .....

Workplace: .....

Address: ..... Postcode.....

Telephone ..... Fax: .....

Email: .....@.....

Do we have your permission to email information about our educational products? Yes \_\_\_\_\_ No \_\_\_\_\_

# To Register

**Venue:**

**Hotel Mildura,  
120 Eighth Street,  
Mildura, Vic.**

**Phone: (03) 5051 2500**

**Refunds and cancellation:**

A standard handling charge of 10% is deducted from the registration fee upon written notification of cancellation. We regret no refund can be offered if notification occurs less than **two weeks** prior to the event.

To Register:

Fastest registration occurs online.

- **Online:** www.ausmed.com.au
- **Post :** Ausmed Conferences, PO Box 4086, Melbourne University, Parkville, Vic 3052.
- **Fax :** (03) 9375 7299
- **Tel:** (03) 9375 7311
- **Email:** ausmed@ausmed.com.au

To obtain a Tax Invoice prior to paying simply register online and click the invoice option.

Registration includes lunch, refreshments and education notes.

Please register \_\_\_ person(s)  
**Cost = \$200 plus GST = \$220**

Enclosed is a cheque or money order. Credit card (Mastercard or Visa). **Please add \$5 if paying by credit card to pay for bank costs.** My credit card number is:

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Please print name on card

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Expires /

Signature .....