

# Chronic Pain Management

## Study Day for All Nurses

MILDURA VENUE

### Aims and Objectives

At the conclusion of this study day the participants should:

- \* Understand the difference between acute and chronic types of pain.
- \* Appreciate the emotional aspects of pain.
- \* Know the signs and symptoms of the mental disorder known as hypochondria.
- \* Should be able to use appropriate nursing assessment tools and skills.
- \* Improve their approaches to patients who cannot communicate well.
- \* Be aware of clinical dilemmas and possible solutions connected with chronic pain.
- \* Know the benefits and risks of patient controlled analgesia.
- \* Be more familiar with the skills needed to assist patients set realistic pain reduction goals.

### Your facilitator for this seminar is:

#### *Karen Eldredge*

*Karen is the Clinical Nurse Manager for the Chronic Pain Unit at Flinders Medical Centre, Adelaide. While working in this large, acute care, teaching hospital Karen has gained substantial skills in the nursing care and management of patients with chronic pain. She has extensive knowledge about the role of the nurse in caring for people who suffer from chronic pain. As well, Karen worked for 15 years with patients diagnosed with cancer. Karen has substantial experience as a clinical educator and as a clinical nurse.*

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- Information about our new digital 'Build-a-Book™' program — Buildabook.com.au
- Full list of publications with detailed descriptions
- List of continually updated conferences, study days and seminars

**Date:** Friday, 14th 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)**

### Organised by Ausmed Conferences

Attendance at this program earns you

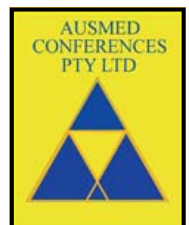
### 5.25 CNE Points

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.



8.30 Registration and enjoy a refreshing drink

9.00 **In Chronic Pain and Needing Relief**

Revision of important concepts:

- \* Anatomy and physiology of persistent pain
- \* Pain thresholds in different individuals
- \* Fears and anxieties: the psychological impact of pain on people
- \* What would make you suspect that someone in your care might be affected by hypochondria?

10.30 Morning Tea and Coffee

11.00 **Nursing Assessment – the Golden Key to Effective Pain Management**

- \* How do the signs and symptoms of chronic pain differ from those encountered in acute pain?
- \* Which assessment tools and skills ensure that a comprehensive pain assessment has been undertaken?
- \* How often should chronic pain be re-assessed?
- \* Comments on documentation of assessment findings.

12.30 Lunch and Networking with Colleagues

1.30 **Pain Management – Principles, Policies and Dilemmas**

- \* What is meant by the term "therapeutic window"?
- \* How do you know when someone who cannot communicate is well managed?
- \* What can be done about intractable pain?
- \* Discussion of types of chronic pain and nursing management interventions.
- \* Examples of clinical dilemmas and possible solutions.

2.30 **Analgesia Used for Chronic Pain**

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

- \* What are the benefits and risks of the use of patient-controlled-analgesia?
- \* Ointment, tablet or pump – how are decisions made about which form of analgesia to administer?
- \* Comments on common side effects/complications.

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 patient responses.  
A snapshot of chronic pain resources and referral information.

4.15 Close of Chronic Pain Management Study Day.

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

Registration for this event to be held on Friday, 14th 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. 3500**

**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) for  
**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:

.....  
Please print name on card

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Expires /

Signature .....