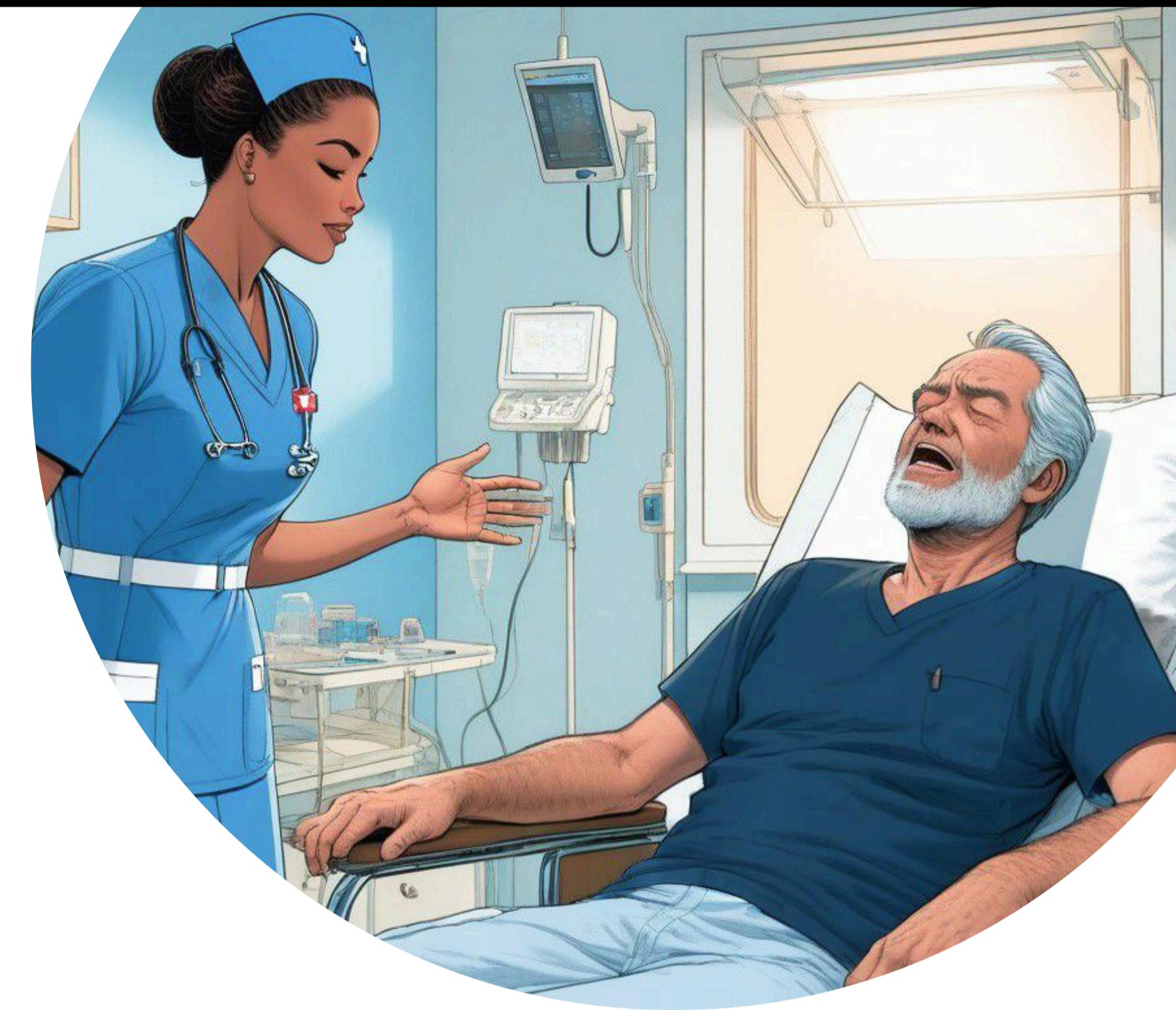


# Introduction to Pain Management



## Why

- “Pain is one of the main reasons why people seek healthcare” (Reznick, Rehm & minored, 2001).
- “Pain has been identified as an unpleasant and emotional experience associated with actual or potential tissue damage” (International Association of the Study of Pain (IASP 2014)).
- Nursing is a science and an art, the essence of which is caring for and respecting human beings, including those experiencing pain.
- Therefore, this emphasises the need for nurses to accurately assess and provide comprehensive and specific care for each individual patient.

## Workshop

Cost: R1350

## What

- Functional neuroanatomy
- Nociceptive and neuropathic process
- Psychosocial responses to pain
- Common situations, diseases & syndromes associated with acute, chronic and neuropathic pain
- Valid and reliable methods of pain assessment
- Evidence-based practice guidelines for pharmacologic and non-pharmacologic interventions for pain
- Methods for measuring, monitoring, evaluating and documentation pain interventions and outcomes

## Contact

[www.opt-training.com](http://www.opt-training.com)  
[info@opt-training.com](mailto:info@opt-training.com)

RN Beverley Silkstone - 084 497 5315  
RN Michelle Torr - 083 556 7904

## How

- 1 day workshop conducted at your convenience at a venue in keeping with all COVID-19 protocols.
- A group of 20 participants - Registered and Enrolled Nurses
- The workshop will comprise of theory and practical sessions which will entail Case studies and assessments on completion.
- Participants will be provided with pre-reading material to prepare for the workshop.



With adherence to Infection Prevention and Control Practices