



Objectives

This is a 2-hour introductory talk on pain management, which aims to help participants to:

- Understand the principles of pain assessment and management in palliative care
- Be aware of commonly used opioids and its side effects in cancer pain management

Overview

The following topics will be covered:

- Pain and concept of 'Total Pain'
- Pain assessment and its barrier
- Different types of pain and its common descriptors
- World Health Organization 'analgesic ladder'
- The non-pharmacological approach in the management of pain
- The pharmacological approach including commonly used opioids in cancer pain
- The role of nurses in assessment and management of pain

Who Should Attend

Enrolled Nurses and Nursing Aides working in nursing homes, hospices or community hospitals who care for patients with life-limiting conditions.

When & Where

Date: 13 June 2019

Time: 10am – 12pm

Venue: Dover Park Hospice

10 Jalan Tan Tock Seng, Singapore 308436

Course Fees (after GST)



\$70.62 per person
(before subsidy*)

*Prevailing course fee subsidy for staff working in eligible Community Care organisations:
Singaporean/PR: \$7.06 (90% subsidy)
Non-Singaporean/PR: \$38.84 (45% subsidy)

Registration Details

- Registration closing date: **24 May 2019**
- Please register through **AIC ILTC-LMS**.
- For any enquiries or those without access, please contact us at enquiries@palc.org.sg or 6500 7269.

Key Trainer



Ms Sylvia Lee Ling Ling

Advanced Practice Nurse (Palliative Care), Dover Park Hospice (Home Care)
PhD (Candidate), Post-Master's Adv Cert in Palliative Care (USA), MN & BN
(Syd), Palliative Care NP (NY), RN

Sylvia is the first Palliative Care Advanced Practice Nurse (APN) in Singapore. She began her journey as a Palliative Care nurse since 1999, after completing her Master of Nursing (Clinical Practice – Gerontology) at the University of Sydney, Australia. In mid-2006, she completed her Post-Master's Advanced Certificate: Advanced Practice Nursing in Palliative Care at New York University, USA. She obtained her license to practise as Palliative Care Nurse Practitioner in New York State & being accredited by US National Board for Certification of Hospice & Palliative Nurses to practise as Advanced Certified Hospice & Palliative Nurse (2006-2010).

Sylvia is currently an Advanced Practice Nurse (Palliative Care) with the Home Care and Programme Dignity team (integrated palliative home care services) at Dover Park Hospice.

Sylvia is also a certified End-of-Life Nursing Education Consortium – International (ELNEC) trainer. She is actively involved in providing Palliative Care Nursing training to nurses from various care settings at basic and advanced practice level.

In 2009, Sylvia was awarded the prestigious 'President's Award for Nurses', and in 2004, she received the inaugural 'Healthcare Humanity Award', in recognition of her contributions to palliative care nursing.

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