

**Talk on Pain Management.** This talk highlights the role of nurses in pain assessment and management of patients at the end-of-life. It provides an understanding of what pain is, and identifies different types of pain. Participants will learn how to conduct pain assessment, using pain assessment tools and strategies. Pain management strategies, both pharmacological and non-pharmacological, will also be introduced.

### Course Objectives

This is a 4-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

### Training Methodology

Didactic lecture, and group discussions on case studies

### Course Outline (4 hours)

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

### Target Audience

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

### Course Time


Tues 25 Jan 2022, 1pm to 5pm (4 hours)

**Course Fee:** \$149.80 (Including GST)  
Prevailing course fee subsidy at 90% for Singaporeans/PRs and 45% for Work Pass Holders working in eligible community care organisations.



### Trainer's Profile

**Ms Sylvia Lee Ling Ling** 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, and was accredited by US National Board for Certification of Hospice & Palliative Nurses to practise as an 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.

#### Venue

 Zoom online platform

#### Enquiries

 6500 7269  [enquiries@palc.org.sg](mailto:enquiries@palc.org.sg)



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PALC-CLIN-B-004