

This 4.5-hour workshop is designed to provide participants with a comprehensive understanding of the nursing, psychosocial, and spiritual needs of patients experiencing pain at the end of life. This includes understanding what pain is and identifying 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

Participants will be able to:

- Understand the concept of 'Total Pain'
- Apply commonly used pain assessment tools
- Identify barriers in pain assessment
- Recognise different types of pain and its common descriptors
- Articulate World Health Organization 'analgesic ladder'
- Demonstrate non-pharmacological and pharmacological approaches to pain management

### Training Methodology

Didactic lecture, group discussions on case studies, and MCQ assessment

### Course Outline (4.5-hours)

The following topics will be covered:

- Pain and concept of 'Total Pain'
- Pain assessment and its barriers
- 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 Fee

\$183.12 (Including GST)

Prevailing course fee subsidy at 90% for Singaporeans/PRs and 45% for Work Pass Holders working in eligible community care organizations

### Course Time

19 Mar 2024, 1pm to 5.30pm

### 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

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