

Talk on Pain Management

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 would 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 the World Health Organization 'analgesic ladder'
- Demonstrate non-pharmacological and pharmacological approaches to pain management

Course Outline

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.

Training Methodology

Didactic lecture, group discussions on case studies, Multiple Choice Question assessment.

Course Details

Date and Time: 17 March 2026, 9.00am – 1.30pm

Venue: Online via Zoom

Course Fee: \$201.65 per person (Including 9% GST)

- **Eligible Community Care Organisations (CCOs) may tap into the Community Care Training Grant (CCTG) to subsidize course fees.**
- **This course is not eligible for funding using SkillsFuture Credit.**

Scan to Register



Scan the QR code or click [here](#) to register!

Register by **03 March 2026**

For enquiries, please contact us at
enquiries@palc.org.sg

Trainer's Profile



Ms Katherine Lim
Nurse Clinician, Dover Park Hospice

Ms Katherine Lim has been working as a palliative care nurse for the past 10 years and is currently a palliative home care Nurse Clinician at Dover Park Hospice. After graduating with a Bachelor of Science (Nursing) (Honours) degree from the National University of Singapore (NUS), she also completed both a Specialist Diploma in Palliative Care Nursing from Ngee Ann Polytechnic and a Graduate Diploma in Community Care from NUS.

