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| ***Lesson Plan*** | |
| **Topic** | Pain Assessment and Management |
| **Title** | **Pain Pathophysiology, Classification and Measurement** |
| **Learning Outcome** | Develop clinical skills and competencies in complete and correct pain assessment |
| **Summary** | This session prepares undergraduate students to discuss about pathophysiology, classification and measurement of pain. An overview of pain pathways is presented. The ascending and descending pathways are described. The classification of pain according with mechanism of pain is presented and this will be helpful to guide assessment and treatment. Pain intensity can be described as: mild, moderate and severe.  By understanding the pathways of pain, treatment of pain will be improved. |
| **Learning Objectives**  **C- Cognition**  **S – Skills**  **A – Attitudes** | Cognition:   1. Differentiates pain types: acute, chronic, nociceptive, neuropathic 2. Recognize common features of visceral, somatic and neuropathic pain 3. Describe common mechanisms of pain; receptors, pathways of pain transmission and modulation, nervous centers 4. Discuss the principles of multidimensional assessment of pain   Skills:   1. Use validated pain assessment tools / scales also in children and patients with cognitive impairment 2. Demonstrates how to carry out a pain assessment / Formulate pain diagnosis statement   Attitudes   1. Reflect on how chronic pain affects the patient’s quality of life and the need for comprehensive assessment |
| **Learning Methods** | Online training 2h ; Classroom teaching 1h Bed side training/ Seminar 2 h  - Icebreaker  - Individual exercises and flipchart list  - Case studies  - Lecture |
| **Timing** | Total 4.5 hrs  Before theoretical class students will do module 3 and 4 of the Pain **online course 1,5 hrs**  **Classroom teaching 1 hrs**   * icebreaker * lecture * film * recapitulation of pain pathways – flipchart exercise - * Conclusions, discussion -   **Bed side training/ seminar 2 h**   * Pain measurement scales –tutor present to students ; * Demonstration of multidimensional pain assessment and formulation of pain diagnosis * Role play in pairs on given cases to do pain assessment following a given checklist and formulation of pain diagnosis or alternatively assessment of pain in real patients and formulation of pain diagnosis * Whole group debriefing * each pair will present feedback on the process and the pain diagnosis - group and tutor to give feedback |
| **Bibliography/Resources** | IASP or other internet resources   * Oxford Textbook of Palliative Medicine * IASP- Guide to Pain Management in Low-Resource Settings * <http://www.who.int/cancer/palliative/definition/en/> * IAHPC – Manual of palliative care, <http://www.pacificcancer.org/pacp-resources/palliative-care-cancer-survivorship/iahpc-manual-palliative-care.pdf>   Robert Twycross, Introducing Palliative Care, [http://books.google.ro/books?id=YmMwVnGTNiYC&pg=PA5&lpg=PA5&dq=quality+of+life+twycross&source=bl&ots=vQry1XX5Lf&sig=9vHiIfz0CoWe1Rc-](http://books.google.ro/books?id=YmMwVnGTNiYC&pg=PA5&lpg=PA5&dq=quality+of+life+twycross&source=bl&ots=vQry1XX5Lf&sig=9vHiIfz0CoWe1Rc-TbS1b6e89bo&hl=ro&sa=X&ei=h8kzVOfQLc7JPd75gdAO&ved=0CCwQ6AEwAQ) |