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| ***Lesson Plan*** | |
| **Topic** | Pain Assessment and Management |
| **Title** | **Pain and Total Pain in Palliative Care** |
| **Learning Outcome** | Understand pain as a multidimensional experience |
| **Summary** | The lectures should demonstrate the importance of correct pain management, taking into account the IP characteristic of "total pain” that pain can and must be treated properly to ensure the quality of life of the oncological patient and his family. |
| **Learning Objectives**  **C- Cognition**  **S – Skills**  **A – Attitudes** | Cognition/ Knowledge:   1. Describe causes and effects of different types of pain that may be experienced. 2. Explain the concept of “total pain”. 3. Understanding that pain is influenced by multiple factors such as thoughts, activity, sleep mood and stress. 4. To differentiate between pain and suffering.   Skills :   1. Identify the elements of total pain in a clinical pain assessment.   Attitude:   1. Reflect on the multidimensional nature of pain, considering pain as an impairment of body structure and function, which in turn limits activity and participation. 2. Be aware that there is more to pain relief than medication |
| **Learning Methods** | * Powerpoint presentation, case studis, lecture, questions and answer session. |
| **Timing** | 2 h classroom teaching  Brainstorming  Lecture  Debate  Case studies  Q&A |
| **Bibliography/Resources** | <http://www.who.int/medicines/areas/quality_safety/guide_on_pain/en/>  <http://www.paincommunitycentre.org/article/definition-pain>  Krikorian Alicia; Joaquin Limonero An Integrated View of Suffering in Palliative Care Journal of Palliative Care; 2012; 28, 1; pg. 41-49  Govert den Hartogh Suffering and Dying well: on the proper aim of palliative care Med Health Care Philos: 2017; 20(30:413-424 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5569128/>  IAHPC – Manual of palliative care, <http://www.pacificcancer.org/pacp-resources/palliative-care-cancer-survivorship/iahpc-manual-palliative-care.pdf>  Robert Twyncross, Andrew Wilcock. Symptom management in advanced cancer. Fourth edition.ISBN 978-0-9552547-3-4.  Mosoiu, Daniela. Prescrierea si utilizarea opioidelor in managementul durerii. Brasov. ed. Ex. Libris 2007. ISBN-978-973-131-008-4  Cancer Pain Relief: With a guide to opioid availability. <http://apps.who.int/iris/bitstream/handle/10665/41973/9242544825.pdf;jsessionid=00D11C920F1BDEEBCBC48AD65C5B0EC4?sequence=1>  Global Atlas of Pallative Care at the end of life, <http://www.who.int/nmh/Global_Atlas_of_Palliative_Care.pdf> |