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| ***Lesson Plan model*** | |
| **Topic** | Pain assessment and Management |
| **Title** | **Principles of pain treatment** |
| **Learning Outcome(s)** | Understands the complexity of pain management in palliative care and the importance of combining non –pharmacological treatment with pharmacological treatment prescribing pain medication and co-analgesics based on drugs pharmacokinetics  Principles of pharmacological treatment. Pharmacokinetics and dynamics of opioids, non-opioids & adjuvant analgesics.  Routes of drug administration and their indications, alternative routes when oral is not possible. Non-pharmacological pain management |
| **Summary** | Pain treatment using pharmacological and non-pharmacological methods.  Pain in palliative care is one of the most important symptoms that should be treated properly. The proper treatment of pain definitely improves the quality of life of patients and the comfort of the whole family. The students need to understand the principles of proper pain management pharmacological and non-pharmacological; to know to use opioids for moderate to severe pain; how to the combine pain drugs and rotate analgesics, how to minimize side effects. They must recognise the complexity of pain management and be prepared to regularly monitor the outcomes of the pain management and address patients concerns regarding pain regime |
| **Learning Objectives**  **C- Cognition**  **S – Skills**  **A – Attitudes** | Cognition:   1. Explains the principles of good prescribing in a palliative care setting. 2. Outlines factors that influence the choice of pain management options 3. Describes common non-pharmacological approaches to pain management 4. Discuss the WHO Pain ladder and its use for management of cancer pain. 5. Outlines analgesics and co-analgesics drugs: pharmacokinetics and pharmaco-dynamics. 6. Describes how to commence opioid treatment in cancer pain: initiation, titration. 7. Explains the side effects of opioids and how to manage them. 8. Outlines the similarities and differences among opioids. 9. Correlates use of various co-analgesic drugs with pain characteristics   Skills:   1. Prescribes appropriate dosages, forms and routes of administration for given pain cases including prescription for breakthrough pain . 2. Calculates and adjust the dose of morphine.   Attitude   1. Be aware of pharmacological and non-pharmacological methods for pain management 2. Overcoming student’s own fears of using morphine for severe pain |
| **Learning Methods** | Online training 3hrs  Classroom teaching 2 hrs  Bedside training/ seminar 3 hrs |
| **Timing** | Online courses 3 hrs – students will do module 5, 6, 7 from the Pain Management course previous to the classroom teaching  Classroom teaching 2 hr  120 minutes Classroom Session   * icebreaker * lecture * clinical case discussion 10 min * exercises * free discussion about a clinical case 10 min * Conclusions, discussion   Seminar/ bed side training 3 hours: Students will work on real cases/ pain case studies in small groups to propose pain pharmacological and non-pharmacological management plans and to write their own prescription for the given case. Whole group debriefing. Tutor will reinforce correct pain dg formulation; pain prescribing principles; correct drugs use; choice of a certain pain killer; rescue medication prescription; anticipatory treatment of side effects; multidisciplinary approach of pain management |
| **Bibliography/Resources** | IASP or other internet resource   * Oxford Textbook of Palliative Medicine * Use of Opioid Analgesics in the Treatment of Cancer Pain: Evidence-based Recommendations from the EAPCLancet Oncol 2012; 13: e58-e68 * 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) |