

# Postgraduate Diploma

Pain Management: Concept.  
Nursing Assessment and  
Intervention. Epidemiology



## Postgraduate Diploma Pain Management: Concept. Nursing Assessment and Intervention. Epidemiology

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/in/nursing/postgraduate-diploma/postgraduate-diploma-pain-management-concept-nursing-assessment-intervention-epidemiology](http://www.techtute.com/in/nursing/postgraduate-diploma/postgraduate-diploma-pain-management-concept-nursing-assessment-intervention-epidemiology)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

It is essential that the nursing professional has an adequate knowledge of the causes of a patient's pain and its management, as it is an excellent working tool in the development of daily professional activity.



An anatomical model of a human head and neck, showing the skull, spine, and internal structures. A hand is holding the model, and a screw is visible in the ear area. The background is a blurred clinical setting.

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*Improve your knowledge of Pain Management. Concept, Nursing Assessment and Intervention and Epidemiology through this program, where you will find the best didactic material with real clinical cases”*

Pain is one of the most frequent presenting symptoms of diseases and is one of the main causes of consultation to the health system. In addition, as healthcare professionals, it can be found in its most varied manifestations in any job within the healthcare system. That is why an adequate knowledge of its causes and its management can be an excellent working tool in the development of daily professional activity.

The design of this program is based on learning based on updated contents and practical cases that allow professionals to learn in an eminently practical environment. Throughout this Postgraduate Diploma, you will address all the non-pharmacological tools for nursing practice in pain management.

Thanks to this training you will acquire the necessary knowledge for the holistic management of different types of pain in all care contexts, the ability to assess, evaluate, diagnose and intervene with a care plan, as well as autonomy in the patient's decisions and quality of life in the treatment of pain.

Take advantage of the opportunity and take this program in a 100% online format, without having to give up your obligations, from the comfort of your home. Update your knowledge and obtain the Postgraduate Diploma to continue growing personally and professionally.



*This Postgraduate Diploma will help you keep up to date in order to provide personalized care to your patients"*

This **Postgraduate Diploma in Pain Management: Concept. Nursing Assessment and Intervention. Epidemiology** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ♦ More than 75 clinical cases presented by experts in Pain Management: Concept. Nursing Assessment and Intervention. Epidemiology
- ♦ The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional
- ♦ The diagnostic-therapeutic novelties on evaluation, diagnosis and intervention in Pain Management: Concept. Nursing Assessment and Intervention. Epidemiology
- ♦ Practical exercises where self-assessment can be used to improve learning.
- ♦ Iconography of clinical and diagnostic imaging tests
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ Its special emphasis on research methodologies in Pain Management: Concept. Nursing Assessment and Intervention. Epidemiology
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection

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*This Postgraduate Diploma is the best investment you can make when selecting a refresher program for two reasons: in addition to updating your knowledge in Pain Management: Concept, Nursing Assessment and Intervention and Epidemiology, you will earn a degree from TECH”*

Its teaching staff includes health professionals from the main areas of pain, who bring to this training the experience of their work, in addition to recognized specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive training experience designed to train for real-life situations.

This program is designed around Problem-Based Learning, where the nurse must try to solve the different professional practice situations that arise during the course. For this purpose, the specialist will be assisted by an innovative interactive video system created by renowned and experienced experts in Pain Management Concept. Nursing Assessment and Intervention. Epidemiology

*Increase your decision-making confidence by updating your knowledge with this Postgraduate Diploma.*

*Take the opportunity to learn about the latest advances in this field and apply it to your daily practice.*



# 02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the nurse can master in a practical and rigorous way advanced knowledge in Pain Management: Concept. Nursing Assessment and Intervention. Epidemiology





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*This Postgraduate Diploma will allow you to update your knowledge in the field with the use of the latest educational technology, to contribute with quality and security to decision making"*



## General Objectives

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- ♦ Have updated knowledge on pain in any of its types focused on daily care practice
- ♦ Provide all the necessary tools to nursing professionals to assess, diagnose and intervene in the patient's pain in a holistic context
- ♦ Identify pain, its consequences and the best intervention according to the situation and needs of the patient
- ♦ Identify and plan care using all necessary nursing techniques
- ♦ Specialize in the most up-to-date pain management in a multidisciplinary context and from the nursing discipline





## Specific Objectives

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### Module 1. General Concepts of Pain for Nursing

- ♦ Identify the different types of pain according to etiology, location and temporality
- ♦ Take a complete initial medical history in order to detect changes in status over time
- ♦ Deepen in the different types of analgesics and their pharmacology
- ♦ Identify interventional techniques
- ♦ Integrate knowledge and updates in research for the development of new analgesics and gene therapy

### Module 2. Assessment and Nursing Intervention in Pain

- ♦ Integrate in-depth knowledge in nursing methodology
- ♦ Develop skills for comprehensive patient assessment
- ♦ Knowledge of pain measurement tools
- ♦ Develop care plans based on the NANDA-NOC-NIC taxonomy
- ♦ Know some non-pharmacological measures that nursing can perform for pain control
- ♦ Expand their knowledge of available resources and techniques to pass on to patients through health education

### Module 3. Epidemiology and Public Health for Nursing

- ♦ Update knowledge on epidemiology of chronic pain, oncological pain, acute pain and post-surgical pain in order to contextualize in a global way the impact of pain on society and on the quality of life of patients and their loved ones
- ♦ Specialize in public policies related to pain and their application in the nursing work environment in all areas of care
- ♦ Deepen in the importance of bioethics in nursing and its implications with pain intervention and pharmacological treatment
- ♦ Deepen the importance of nursing in health promotion strategies and their development at the individual, group and community levels
- ♦ Provide the nursing discipline with a gender perspective on pain, the social stigmatization of chronic pain and chronicity



*Take the step to get up to date on the latest developments in Pain Management: Concept. Nursing Assessment and Intervention. Epidemiology”*

03

# Course Management

The program includes in its teaching staff reference experts in Pain Management. Concept. Nursing Assessment and Intervention. Additionally, other recognized experts have participated in its design and preparation, complementing the program in an interdisciplinary manner.



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*Leading professionals in the field have come together to teach you the latest advances in Pain Management for Nursing”*

## Management



### Dr. Cano García, Laura

- Dr. Health Sciences, University of Malaga (2014) Nurse and care coordinator of the Rheumatology CMU
- Master's Degree in Health Sciences News (2009)
- Rheumatology Nurse Specialist (2015)
- Nurse trainer (SAS, Spanish Society of Rheumatology and pharmaceutical industry trainings) and coordinator of 2 advanced practice nursing trainings (2018 and 2020)
- Vice President of OPEN REUMA
- Member of working groups on autoimmune diseases and continuity of care of the Ministry of Health, Social Policy and Equality
- Research Award 2019 of the College of Nursing of Malaga and research line in IBIMA D-03-04 Nursing care in osteoarticular diseases



## Professors

### Ms. Domínguez Quesada, Carmen

- ◆ Research Nurse Virgen Macarena Hospital, Seville

### Ms. Noor al Masshadani, al Masshadani

- ◆ Research Nurse UGC Rheumatology Regional University Hospital of Málaga

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*Learn about the latest advances in Pain Management to be able to perform a quality praxis”*

04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best educational centers and universities in the country, aware of the current relevance of innovative renovation, and committed to quality teaching through new educational technologies.





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*A comprehensive teaching program, structured in well-developed teaching units, oriented towards efficient and swift learning that is compatible with your personal and professional life"*

## Module 1. General Concepts of Pain for Nursing

- 1.1. Concept of Pain and its Evolution in Time
- 1.2. Etiology of Pain
  - 1.2.1. Nociceptive Pain
  - 1.2.2. Neuropathic Pain
  - 1.2.3. Psychogenic Pain
- 1.3. Classification
  - 1.3.1. According to Seasonality
  - 1.3.2. According to Intensity
  - 1.3.3. According to Location: Somatic and Visceral
  - 1.3.4. According to Course
- 1.4. Neuroanatomy and Neurobiology of Pain
- 1.5. Pathophysiology of Pain
  - 1.5.1. Neurophysiological Processes Involved in Pain
- 1.6. Complementary Tests for the Diagnosis of Pain
  - 1.6.1. Nerve Conduction Velocity Study
    - 1.6.1.1. Electromyography
    - 1.6.1.2. Thermography
    - 1.6.1.3. Brain Evoked Potentials
    - 1.6.1.4. Functional MRI
    - 1.6.1.5. Somatosensory Quantitative Thermal Test
- 1.7. Clinical History and Physical Examination of the Patient with Pain
  - 1.7.1. Medical History
  - 1.7.2. Pain Intensity Rating Scales
- 1.8. Interventional Pain Techniques
  - 1.8.1. Epidural Infiltrations
  - 1.8.2. Intradural Administration of Drugs
    - 1.8.2.1. Radiofrequency
    - 1.8.2.2. Neurolytic Blocks
    - 1.8.2.3. Neurostimulation

- 1.9. Use of Analgesics and Pharmacology
  - 1.9.1. Basic Principles
  - 1.9.2. OMS Ladder and Analgesic Elevator
  - 1.9.3. Drugs: Non-opioids, Opioids and Coadjuvants
- 1.10. Future of Pain Assessment and Treatment
  - 1.10.1. Development of New Analgesic Drugs
  - 1.10.2. Development of Alternative Analgesic Drug Delivery Systems for Infusion Pumps
  - 1.10.3. Gene Therapy for the Treatment of Pain

## Module 2. Assessment and Nursing Intervention in Pain

- 2.1. Standardized Nursing Assessment
  - 2.1.1. Assessment as a Phase of Nursing Methodology
  - 2.1.2. The Nursing Assessment Process
  - 2.1.3. Assessment According to Functional Patterns of Health
  - 2.1.4. Valuation According to Basic Human Needs
- 2.2. The Importance of Pain Assessment: The Fifth Sense
  - 2.2.1. Pain as a Multidimensional Experience
  - 2.2.2. Nursing Knowledge and Beliefs about Pain
  - 2.2.3. Barriers to Good Pain Management
- 2.3. Localized Pain Assessment Protocol
  - 2.3.1. Medical History
  - 2.3.2. Medical and Surgical History
  - 2.3.3. Family and Social Background
  - 2.3.4. Psychiatric History
  - 2.3.5. History of Pain
  - 2.3.6. Physical Exploration
  - 2.3.7. Explore Knowledge and Beliefs about Pain
  - 2.3.8. Pain Reassessment
- 2.4. Pain Assessment Scales (I): Unidimensional and Multidimensional Scales
  - 2.4.1. One-Dimensional Scales
  - 2.4.2. Multidimensional Scales

- 2.5. Pain Assessment Scales (II): Special Situations
  - 2.5.1. For Patients Unable to Speak
  - 2.5.2. For Patients with Dementia
- 2.6. Comprehensive Assessment of Human Responses to Pain
  - 2.6.1. Breathing
  - 2.6.2. Feeding
  - 2.6.3. Elimination
  - 2.6.4. Mobilization
  - 2.6.5. Rest and Sleep
  - 2.6.6. Dressing and Undressing
  - 2.6.7. Temperature
  - 2.6.8. Hygiene and Skin Condition
  - 2.6.9. Security/Safety
  - 2.6.10. Communication/Relationship
  - 2.6.11. Beliefs/Religion
  - 2.6.12. Learning
  - 2.6.13. Self-Realization
  - 2.6.14. Leisure
- 2.7. Nursing Care Plan for Pain (I)
- 2.8. Nursing Care Plan for Pain (II)
- 2.9. Non-Pharmacological Management of Pain
  - 2.9.1. Physical Measurements
  - 2.9.2. Environmental Measures
  - 2.9.3. Measures for the Promotion of Psychological Comfort
  - 2.9.4. Measures to Aid Coping
- 2.10. Health Education for the Patient and Family
  - 2.10.1. Individual
  - 2.10.2. Group
  - 2.10.3. Community

### Module 3. Epidemiology and Public Health for Nursing

- 3.1. Concept of Public Health
  - 3.1.1. Definition of Public Health
  - 3.1.2. Acute Pain and Public Health
  - 3.1.3. Chronic Pain and Public Health
  - 3.1.4. Oncologic Pain and Public Health
- 3.2. Health Policies in Relation to Pain
  - 3.2.1. Plan for the Improvement of Pain Care in the Spanish NHS
- 3.3. Demographics of Pain
- 3.4. Gender and Pain
  - 3.4.1. Women and Chronic Pain
  - 3.4.2. Social Impact of Pain in Women
  - 3.4.3. Woman and Chronic Disease
- 3.5. Social and Labor Impact of Pain in Spain
  - 3.5.1. Studies of the Social and Labor Impact of Pain in Spain
  - 3.5.2. Disability and Pain
- 3.6. Epidemiology of Cancer Pain
  - 3.6.1. Current Epidemiology of Oncological Pain
  - 3.6.2. Social and Economic Consequences
- 3.7. Epidemiology of Chronic Pain
  - 3.7.1. Current Epidemiology of Chronic Pain
  - 3.7.2. Social and Economic Consequences
- 3.8. Epidemiology of Acute Pain
  - 3.8.1. Current Epidemiology of Acute Pain
  - 3.8.2. Social and Economic Consequences
- 3.9. Bioethics of Pain
  - 3.9.1. Bioethics General Concepts
  - 3.9.2. Bioethics and Chronic Pain
  - 3.9.3. Bioethical Implications in Pain Management
- 3.10. Health Promotion
  - 3.10.1. Promoting Community Health
  - 3.10.2. Hospital Measures to Promote Health in Chronic Patients
  - 3.10.3. Associative Movement and Health Promotion

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

This Postgraduate Diploma in Pain Management: Concept, Nursing Assessment and Intervention. Epidemiology guarantees you, in addition to the most rigorous and up-to-date training, access to a Postgraduate Diploma issued by TECH Technological University.



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*Successfully complete this training program and receive your certificate without travel or laborious paperwork”*

This **Postgraduate Diploma in Pain Management: Concept. Nursing Assessment and Intervention. Epidemiology** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional from career evaluation committees.

Title: **Postgraduate Diploma in Pain Management: Concept. Nursing Assessment and Intervention. Epidemiology**

Official N° of Hours: **450 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
online training  
development language  
classroom



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