

# Professional Master's Degree Pain Management for Nursing



## Professional Master's Degree Pain Management for Nursing

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/professional-master-degree/master-pain-management-nursing](http://www.techtute.com/us/nursing/professional-master-degree/master-pain-management-nursing)

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# 01

# Introduction

For healthcare professionals, determining the origin of pain, its causes and applying the appropriate therapies is essential to ensure a quality consultation that helps the patient to regain stability. In the case of nursing, interventions through non-invasive measures, such as administering pharmacological treatments, must be done in a safe and diligent manner. And in order for these professionals to work on perfecting these skills and catching up on the clinical advances that have been made in relation to pain management, TECH and its team of experts have developed a complete 100% online program. This is an educational experience through which the nurse will be able to investigate the different representations of body ailments and the most effective therapeutic guidelines for their management in different patient profiles.





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*The best 100% online university program to update you on the most effective guidelines to address pain from the role of Nursing”*

According to statistics, pain is the second cause of consultation in Primary Care. The multiple representations that it can present, as well as the diverse causes that can be provoking it, sometimes make early diagnosis difficult and, therefore, delay the application of treatment for its relief. This is why medical and nursing protocols contemplate an extensive list of clinical strategies to determine what is happening to the patient and, therefore, establish therapeutic guidelines to help alleviate their discomfort and restore their quality of life.

Thanks to the advances that have been made in this field, more and better tools are becoming available for clinical triage, facilitating the practice for healthcare professionals and giving them the possibility of establishing more accurate and effective diagnostic guidelines. And so that specialists can learn in detail the developments that have arisen in their profession, TECH and its team of experts in the field have developed this Professional Master's Degree in Pain Management for Nursing.

It is an educational experience that gathers the latest information related to the different representations of pain according to symptoms and causes: postoperative, oncologic and non-oncologic, musculoskeletal, etc. In addition, it places special emphasis on its management in different patients (children, adults and the elderly), through the exhaustive knowledge of the psychological skills that have shown the best results to date. Finally, the graduate will be able to implement the most innovative rehabilitation strategies in their practice, as well as the evaluation guidelines to determine the effectiveness of the therapy over time.

All this 100% online and through 1,500 hours of the best theoretical, practical and additional material, to which you will have access in its entirety from the beginning of the program. And so that the specialist can perfectly combine the course of this program with their clinical practice, they will be able to access the Virtual Campus whenever they want, without schedules or face-to-face classes, studying an educational program tailored to their needs.

This **Professional Master's Degree in Pain Management for Nursing** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- ♦ The development of case studies presented by experts in Clinical Nursing
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ 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



*You will be able to delve into new developments related to chronic non-cancer pain and its recommended nursing techniques"*

“*Would you like to improve your pain management skills through the most innovative psychological strategies? Choose this Professional Master's Degree and you will get it guaranteed*”

The program's teaching staff includes professionals from the sector who contribute their work experience to this program, as well as renowned 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 immersive knowledge programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will learn more about the novelties related to pain intervention and evaluation techniques through a specific module dedicated to it.*

*No schedules or face-to-face classes. A tailor-made educational experience that adapts to your needs and those of the clinical sector.*



# 02 Objectives

Given the frequency of consultations related to the multiple types of pain that commonly affect patients, nurses must continually update their knowledge in order to be able to offer clinical services in accordance with the latest diagnostic and therapeutic developments in medicine. In order to make it easier for you to keep up to date, TECH and its team of experts in the medical field have developed this program that brings together the latest and most comprehensive information on pain management for the nursing practice.





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*Do you want to update your knowledge on the pathobiological techniques of pain for the approach from rehabilitation? Choose a program like this one, which will provide you with all the tools to achieve it"*



## General Objectives

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- Manage up-to-date knowledge about 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



*A program of the highest clinical standard, designed to help you achieve even your most complex objectives in just 12 months of academic experience"*





## Specific Objectives

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### Module 1. General Pain Concepts for Nursing

- ◆ Identify the different types of pain according to etiology, location and temporality
- ◆ Take a complete initial clinical history to be able to detect changes in condition 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. Acute and Postoperative Pain for Nursing

- ◆ Provide up-to-date knowledge of acute and post-surgical pain with a practical and care approach
- ◆ Deepen in pain prevention strategies in the context of surgery, pre-surgical care
- ◆ Contextualize the nursing work in the multidisciplinary team
- ◆ Achieve specialization in all aspects of patient safety in the surgical environment

### **Module 3. Chronic Oncologic Pain for Nursing**

- ♦ Know, evaluate and manage all the problems derived from oncological pain, in any of its phases, to take care of all the patient's needs and contribute effectively to improve their quality of life
- ♦ Recognize the types of oncologic pain
- ♦ Manage Cancer Fatigue
- ♦ Know the side effects of antineoplastic treatments that cause pain
- ♦ Manage the specific, pharmacological, invasive and integrative therapy for the treatment of cancer pain
- ♦ Manage the nursing process in the oncologic patient with pain

### **Module 4. Chronic Non-Oncologic Pain for Nursing**

- ♦ Acquire the necessary knowledge to develop the nursing activity, with up-to-date data and focused on daily practice, in relation to the approach to pain
- ♦ Obtain a clear vision of the importance of nursing in the adequate approach to non-oncological chronic pain, with a course expressly focused on showing an appropriate methodology for the assessment of pain and the different treatment and care options that serve as a basis in their daily activity
- ♦ Reflect on the extent of pain and its consequences
- ♦ Distinguish the different types of non-oncologic pain

### **Module 5. Pain in Children for Nursing**

- ♦ Contextualize the epidemiology of childhood pain
- ♦ Describe the physiological or biological, behavioral and behavioral methods used to manage pain
- ♦ Acquire expertise in the different scales used by these methods for pain assessment in children and neonates
- ♦ Deepen and describe the pharmacological and non-pharmacological treatment used in the management of pain in children
- ♦ Integrate the safety aspects related to the prescription and administration of drugs in children
- ♦ Deepen and describe the characteristics of pain in the oncologic child
- ♦ Describe the characteristics that define hospitalization in children
- ♦ Know the characteristics that define pain in a pediatric intensive care unit

### **Module 6. Musculoskeletal Pain for Nursing**

- ♦ Assess the patient with pain
- ♦ Identify the type of pain: know its physiopathology and clinical characteristics
- ♦ Specialize in the main pathologies in which this type of pain occurs
- ♦ In-depth knowledge of the different treatments in their approach
- ♦ Provide health education to patients and families on the management of musculoskeletal pain

**Module 7. Psychological Approach to Pain for Nursing**

- ♦ Appreciate the importance of good quality communication with people with pain and improve their performance
- ♦ Know the most important psychological aspects that influence people with pain and on which the success of any treatment may depend
- ♦ Delve deeper into and choose among the most effective techniques used in the treatment of people with pain
- ♦ Provide the health professional with effective tools for the treatment of pain individually or in groups

**Module 8. Pain Management through Rehabilitation and Physical Activity for Nursing**

- ♦ Define clinical reasoning
- ♦ In-depth knowledge of the pathobiological mechanisms of pain
- ♦ In-depth knowledge of the characteristics, implications and treatments of nociceptive pain
- ♦ Learn more about the characteristics, prognosis and treatments of neuropathic pain
- ♦ Define and know how to manage fear of movement
- ♦ Learn and acquire expertise in the pillars of treatment from physical activity and rehabilitation: manual therapy, education and exercise
- ♦ Holistic approach to complex chronic pain: characteristics, theories and treatments

**Module 9. Nurse Assessment and Intervention in Pain**

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

**Module 10. Epidemiology and Public Health for Nursing**

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

# 03 Skills

TECH and its team of experts in Nursing have developed this Professional Master's Degree with the aim of providing the professional with the theoretical and practical information so that they can improve their clinical skills throughout the 12 months in which the program takes place. As a result, they will be able to implement the most innovative and effective pain triage and pain management strategies in their practice, contributing to the improvement of the quality of their care services.



A person wearing blue scrubs is holding a grey prosthetic arm. The background is a mix of blue and green geometric shapes.

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*A perfect opportunity to perfect your skills  
for comprehensive patient assessment  
through 1,500 hours of diverse material”*



## General Skills

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- ◆ Perform holistic management of different types of pain in all care settings
- ◆ Assess, evaluate, diagnose and intervene with a plan of care
- ◆ Intervene in the pain of a nurse in a multidisciplinary team with specific skills
- ◆ Learn about the different treatments, their safety and monitoring, both pharmacological and non-pharmacological, and learn how to develop them with patients, family members and in the community environment
- ◆ Promote autonomy in the patient's decisions and quality of life in the treatment of pain
- ◆ Help the patient during the process of adaptation and mourning

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*If you are looking for a program that will bring you up to date on complementary diagnostic tests for the diagnosis of pain, this Professional Master's Degree is perfect for you"*







## Specific Skills

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- ◆ Identify the different types of pain according to etiology, location and temporality
- ◆ Provide knowledge focused on nursing intervention in situations of surgery and acute pain
- ◆ Manage the nursing process in the oncologic patient with pain
- ◆ Distinguish the different types of non-oncologic pain
- ◆ Describe the physiological or biological, behavioral and behavioral methods used to manage pain
- ◆ Assess the patient with pain
- ◆ Know the most important psychological aspects that influence people with pain and on which the success of any treatment may depend
- ◆ Define and know how to manage fear of movement
- ◆ Develop skills for the comprehensive assessment of the patient
- ◆ Delve in the importance of bioethics in nursing and its implications in pain intervention and pharmacological treatment

04

# Course Management

Not all universities include in their programs the teaching support created by specialized teams in the area in which the program is developed. However, TECH does. In addition, this university submits candidates to an exhaustive and demanding analysis, resulting in the formation of the best faculty, made up of experts with a broad and extensive professional experience in the sector, as is the case of this Professional Master's Degree. Thanks to this, the specialist will be able to be updated on the novelties of their profession by the hand of authentic experts in nursing care.





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*The faculty has selected real clinical cases so that you can put into practice the approach strategies developed in the theoretical section"*

## International Guest Director

With nearly two decades of professional experience, Jay Horton has devoted his career to **Palliative Care for Nursing**. In this branch of care, the expert holds a **doctorate** that endorses the quality of his practice and healthcare competencies.

Specifically, the specialist has researched the impact of these **techniques in the hospital environment** and the intensity with which these treatments should be applied in **patients with serious illnesses**. Likewise, he has mastered the methodologies for assisting terminally ill geriatric cases. At the same time, he holds **several licenses of activity** among which a **Certificate in Executive Nursing Practice** granted by the **American Organization for Leadership in Nursing** stands out.

He is also accredited in **Safety and Quality** by the **Institute for Healthcare Improvement**. She also holds an **Advanced Hospice and Palliative Care Certificate** from the **Hospice and Palliative Care Nurses Association**. He has also been recognized by the **American Nurses Credentialing Center** as a **Family Nurse Practitioner**.

All these recognitions to his work are the result of his excellent management of nursing methodologies for the approach of **Chronic Pain** in patients and the implementation of the most innovative strategies in **Mental Health**. Horton also stands out for her knowledge of **administration and management** of hospital environments.

Among other responsibilities, Dr. Horton has served as **Director of Palliative Care Nursing** at **Mount Sinai Beth Israel Hospital**. He is also an academic assistant at the **Icahn School of Nursing** and the **Mount Sinai Phillips School of Nursing**. In this space, he contributes to the development of accelerated training programs for nurses. In addition, he is a collaborator at **Columbia University** and has been part of the care team at **New York Presbyterian Hospital**.



## Dr. Horton, Jay

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- Director of Palliative Care Nursing, Mount Sinai Beth Israel Hospital
- Director of Safety, Quality and Nursing Performance Improvement, Mount Sinai Hospital Network
- Assistant at Icahn Mount Sinai Mount Sinai Hospital School of Nursing
- Assistant at Mount Sinai Phillips Hospital School of Nursing
- Adjunct Faculty Assistant at Columbia University School of Nursing
- Nurse Assistant, New York Presbyterian Hospital, New York
- PhD in Nursing Research and Theoretical Development from NYU Rory Meyers School of Nursing
- Masters in Family, Pain Management and Palliative Care Nursing from Yale University
- Master's degree in Health Policy and Administration from Yale School of Public Health
- Fellowship at Memorial Sloan-Kettering Cancer Center
- Bachelor's degree in Microbiology from the University of Iowa
- Certifications: Executive Nurse Practice from the American Organization for Leadership in Nursing, Advanced Certificate from the American Hospice and Palliative Association, Family Nurse Practitioner by the American Nurses Credentialing Center and Accreditation in Safety and Quality by the Institute for Healthcare Improvement

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Dr. Cano García, Laura

- ♦ Dr. Health Sciences, University of Malaga (2014) Nurse and care coordinator UGC Rheumatology
- ♦ Master's degree in Health Sciences (2009)
- ♦ Specialist in rheumatology nursing (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

### Mr. Aguilera Fernández, Francisco Jesús

- ♦ Pediatric ICU Nurse, Maternal and Child Hospital, Regional University Hospital of Malaga
- ♦ Diploma in Nursing from the University of Malaga
- ♦ Specialist Pediatrician
- ♦ Master's Degree in Pharmacotherapy for Nursing
- ♦ Postgraduate Diploma in patient security

### Ms. Camarero Gómez, Pilar

- ♦ Diploma in Podiatry by the EU Health Sciences of Malaga
- ♦ Diploma in Nursing at EUE Provincial Deputation of Málaga
- ♦ Postgraduate Diploma in Diabetic Feet
- ♦ Master's Degree in Clinical Medicine Research from the Miguel Hernández University of Elche
- ♦ Postgraduate Diploma in Cellular Growth and Cancer by the UNED (UNED)
- ♦ Postgraduate Diploma in Ambulatory and Domiciliary Artificial Nutrition

**Mr. Cortés Díaz, Fernando David**

- ♦ Psychologist-Teacher-Employment Technician at ASPACE Andalucía SAE, Ministry of Employment Individualized attention to users
- ♦ Recruitment Technician at IAVANTE Foundation
- ♦ Employment Counselor at the Andalusian Foundation Training and Employment Fund
- ♦ Degree in Psychology from the Faculty of Psychology at the University of Malaga
- ♦ Degree in Primary Education Teaching from the UNIR (UNIR)
- ♦ Master's Degree in Human Resources Management

**Ms. Domínguez Quesada, Carmen**

- ♦ Doctor and Postgraduate Diploma in Accidents and Emergencies
- ♦ Nurse of the Rheumatology Research Unit of the Virgen de la Macarena University Hospital
- ♦ Nurse of Internal Medicine, Hospital Santa María de Lisboa
- ♦ Outpatient Nurse at the Virgen de Valme University Hospital
- ♦ Internal Medicine Nurse at the Virgen del Rocio University Hospital
- ♦ Gynecology and Obstetrics Nurse at the Virgen del Rocio University Hospital
- ♦ Diploma in Nursing
- ♦ Master's Degree in Clinical Trials

**Mr. Such Sanz, Arturo**

- ♦ Physiotherapist at Moviment i Salut
- ♦ Physiotherapist at AMESA Policlinic
- ♦ Diploma in Physiotherapy from the University of València
- ♦ Master in Structural Osteopathy by the University of Valencia

**Mr. Martín Martín, José María**

- ♦ Nurse at Nuestra Señora de Candelaria University Hospital
- ♦ Supervisor of the Special Explorations Cabinet of several areas
- ♦ Hospitalization nurse and head/coordinator of Nursing at Parque S.A. Clinic
- ♦ Diploma in Nursing from the University of Valladolid
- ♦ Specialization in Occupational Safety from the Center for Financial Studies of Madrid
- ♦ Master's Degree in Occupational Risk Prevention

**Ms. Noor al Masshadani, al Masshadani**

- ♦ Nurse of the FIMABIS Foundation
- ♦ Graduate in Nursing from the Faculty of Health Sciences of the University of Malaga
- ♦ Postgraduate Diploma in Health Sciences Research
- ♦ Postgraduate Diploma in Chronic Patient Care

**Ms. Rodríguez Vargas, Ana Isabel**

- ♦ Nurse at the Rheumatology Clinic of the University Hospital of the Canary Islands
- ♦ Collaborator in the practical-clinical training of 4th year nursing students at the University of La Laguna
- ♦ Nurse in the Coronary Unit of the Canary Islands at the University Hospital of the Canary Islands
- ♦ Ward Sister in Trauma, Orthopaedics and Rheumatology Unit at Glasgow Royal Infirmary
- ♦ Postgraduate Diploma in Nursing from the University of La Laguna, Spain
- ♦ Bachelor of Science in Professional Studies in Nursing at Caledonian University

# 05

# Structure and Content

TECH has developed this Professional Master's Degree following the guidelines of the teaching team, since, being active nursing professionals, they know in detail the latest developments in the sectors. Thanks to this, it has been possible to create a multidisciplinary, intensive and complete program, with which the specialist will be able to update their knowledge in a guaranteed way on the approach to pain. In addition, you will have hundreds of hours of high-quality additional material presented in different formats, with which you will be able to contextualize the information of the theoretical syllabus and delve in a personalized way in the sections that you consider most relevant for your professional practice.





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*Thanks to the intensive, multidisciplinary nature of this program, you will be able to work on getting up to speed on pain-causing cancer patient procedures and treatments"*

## Module 1. General Pain Concepts 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 Its 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 Adjuvants
- 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. Acute and Postoperative Pain for Nursing

- 2.1. Types of Acute Pain
- 2.2. Units of Acute Pain
  - 2.2.1. Infrastructure
  - 2.2.2. Care Models
- 2.3. Nursing Intervention in Acute Pain
  - 2.3.1. Assessment of Acute Pain
  - 2.3.2. Pharmacological Interventions for Acute Pain
  - 2.3.3. Non-Pharmacological Interventions for Acute Pain
- 2.4. Acute Postoperative Pain
  - 2.4.1. Definition
  - 2.4.2. Incidence and Prevalence of Acute Postoperative Pain
  - 2.4.3. Evaluation of Acute Postoperative Pain
- 2.5. Treatment of Postoperative Pain
  - 2.5.1. Prevention of Postoperative Pain
  - 2.5.2. Types of Treatment for Postoperative Pain
  - 2.5.3. Medical Treatment
  - 2.5.4. Non-Pharmacological Treatment
- 2.6. Safety of the Surgical Patient
- 2.7. Postoperative Morbidity
  - 2.7.1. Causes: Pain and Interventionism
  - 2.7.2. Solutions

- 2.8. Surgical Nursing and Pain
  - 2.8.1 Topic Update
  - 2.8.2 Protocols and Interventions Evaluated
- 2.9. Perioperative Nursing in Anxiety and Pain
- 2.10. Latest Trends and Improvements in Acute Pain Management for Nursing
  - 2.10.1 Innovation in Acute Pain
  - 2.10.2 Innovation in Postoperative Pain

### Module 3. Chronic Oncologic Pain for Nursing

- 3.1. The Oncology Patient and Pain
  - 3.1.1 Pathophysiology
  - 3.1.2 Main Causes of Pain in the Oncology Patient
- 3.2. Types of Pain
  - 3.2.1 Signs and Symptoms
  - 3.2.2 According to Evolution Time
  - 3.2.3 According to Its Pathophysiological Mechanism
  - 3.2.4 According to Etiology
- 3.3. Nursing Assessment and Evolution of Pain
  - 3.3.1 Pain History
  - 3.3.2 Clinical and Psychological Examination
  - 3.3.3 Pain Measurement Scales and Questionnaires
  - 3.3.4 Diagnostic Tests
- 3.4. Procedures and Treatments of the Cancer Patient Causing Pain for Nursing
  - 3.4.1 Chemotherapy.
  - 3.4.2 Biological Techniques and Immunotherapy
  - 3.4.3 Hormone Therapy
  - 3.4.4 Radiotherapy
  - 3.4.5 Surgery
- 3.5. Cancer-Related Fatigue
  - 3.5.1 Etiology
  - 3.5.2 Risk Factors
  - 3.5.3 Signs and Symptoms
- 3.6. Medical Treatment
  - 3.6.1 Analgesic Scale.
  - 3.6.2 Adjuvant Drugs
  - 3.6.3 Bisphosphonates
  - 3.6.4 Side Effects:
  - 3.6.5 Route of Administration
  - 3.6.6 Palliative Care
- 3.7. Invasive or Special Analgesic Techniques
  - 3.7.1 Nerve Blocker
  - 3.7.2 Neurostimulation
  - 3.7.3 Surgical intervention
  - 3.7.4 Radiotherapy
  - 3.7.5 Palliative Chemotherapy.
  - 3.7.6 Physical Therapy
  - 3.7.7 Psychological Therapy
- 3.8. Integrative Medicine for Nursing
  - 3.8.1 Massage, Acupuncture
  - 3.8.2 Yoga, Meditation
- 3.9. Identifying Oncologic Emergencies Through Pain
  - 3.9.1 Signs and Symptoms Related to Oncologic Emergencies
- 3.10. Nursing Care Plans
  - 3.10.1 Nursing Assessment
  - 3.10.2 Nursing Diagnosis
  - 3.10.3 NOC/NIC

## Module 4. Chronic Non-Oncologic Pain for Nursing

- 4.1. Introduction
  - 4.1.1 Definition of Chronic Pain
  - 4.1.2 Description of Non-Oncologic Chronic Pain
- 4.2. Epidemiology of Non-Oncologic Chronic Pain
  - 4.2.1. Who Suffers the Most Pain?
  - 4.2.2. Consequences of Pain
- 4.3. Etiopathogenesis
  - 4.3.1 Nociceptive Pain
  - 4.3.2 Somatic Pain
  - 4.3.3 Visceral Pain
  - 4.3.4 Neuropathic Pain
- 4.4. Neuropathic Pain
  - 4.4.1 Trigeminal Neuralgia
  - 4.4.2 Postherpetic Neuralgia
  - 4.4.3 Diabetic Neuralgia
  - 4.4.4 Ilioinguinal Neuralgia
- 4.5. Phantom Limb Pain
  - 4.5.1 Definition
  - 4.5.2 Clinical Manifestations
  - 4.5.3 Etiology
  - 4.5.4 Recommendations in Nursing
- 4.6. Complex Regional Pain Syndrome
  - 4.6.1 Definition
  - 4.6.2 Prevalence
  - 4.6.3 Causes and Classifications
  - 4.6.4 Triggering Factors
  - 4.6.5 Treatment
  - 4.6.6 Recommendations in Nursing
- 4.7. Central Pain syndrome
  - 4.7.1 Definition
  - 4.7.2 Etiology
  - 4.7.3 Epidemiology
  - 4.7.4 Clinical Manifestations
  - 4.7.5 Treatment
  - 4.7.6 Recommendations in Nursing
- 4.8. Headaches.
  - 4.8.1 Types
  - 4.8.2 Diagnosis
  - 4.8.3 Secondary Headaches
  - 4.8.4 Recommendations in Nursing
- 4.9. Other Syndromes
  - 4.9.1 Chronic Pancreatitis.
  - 4.9.2 Coccygodynia
  - 4.9.3 Prostatodynia
  - 4.9.4 Vulvodynia
- 4.10. Pain Unit
  - 4.10.1 Nursing Skills
  - 4.10.2 Organization of the Pain Unit
  - 4.10.3 Nursing Team Roles
  - 4.10.4 Nursing Intervention in Certain Techniques

## Module 5. Pain in Children for Nursing

- 5.1. Basic Concepts of Pain
  - 5.1.1 Concept
  - 5.1.2 Epidemiology
  - 5.1.3 Neurophysiology of Pain
  - 5.1.4 Pain Neuropathology
  - 5.1.5 Influencing Factors
  - 5.1.6 False beliefs

- 5.2. Pain Classification Forms of Expression of Pain According to the Child's Developmental Stages
  - 5.2.1 Types of Pain: Pathophysiologic, Duration, Etiologic, Anatomic
  - 5.2.2 Pain According to the Evolutionary Stages of the Child
  - 5.2.3 Consequences of Pain in Children
- 5.3. Pain Assessment I
  - 5.3.1 Behavioral Methods
  - 5.3.2 Physiological Methods
- 5.4. Pain Assessment II
  - 5.4.1 Self-Assessment Methods: Projective, Structured Interviews, and Scales
- 5.5. Pharmacological Treatment of Pain in Children
- 5.6. Non-pharmacological Treatment of Pain in Children
- 5.7. Pain in Neonates
- 5.8. Pain in Children with Cancer
- 5.9. Pain in Hospitalized Children Related to Techniques
- 5.10. Pain in Children Undergoing Intensive Care

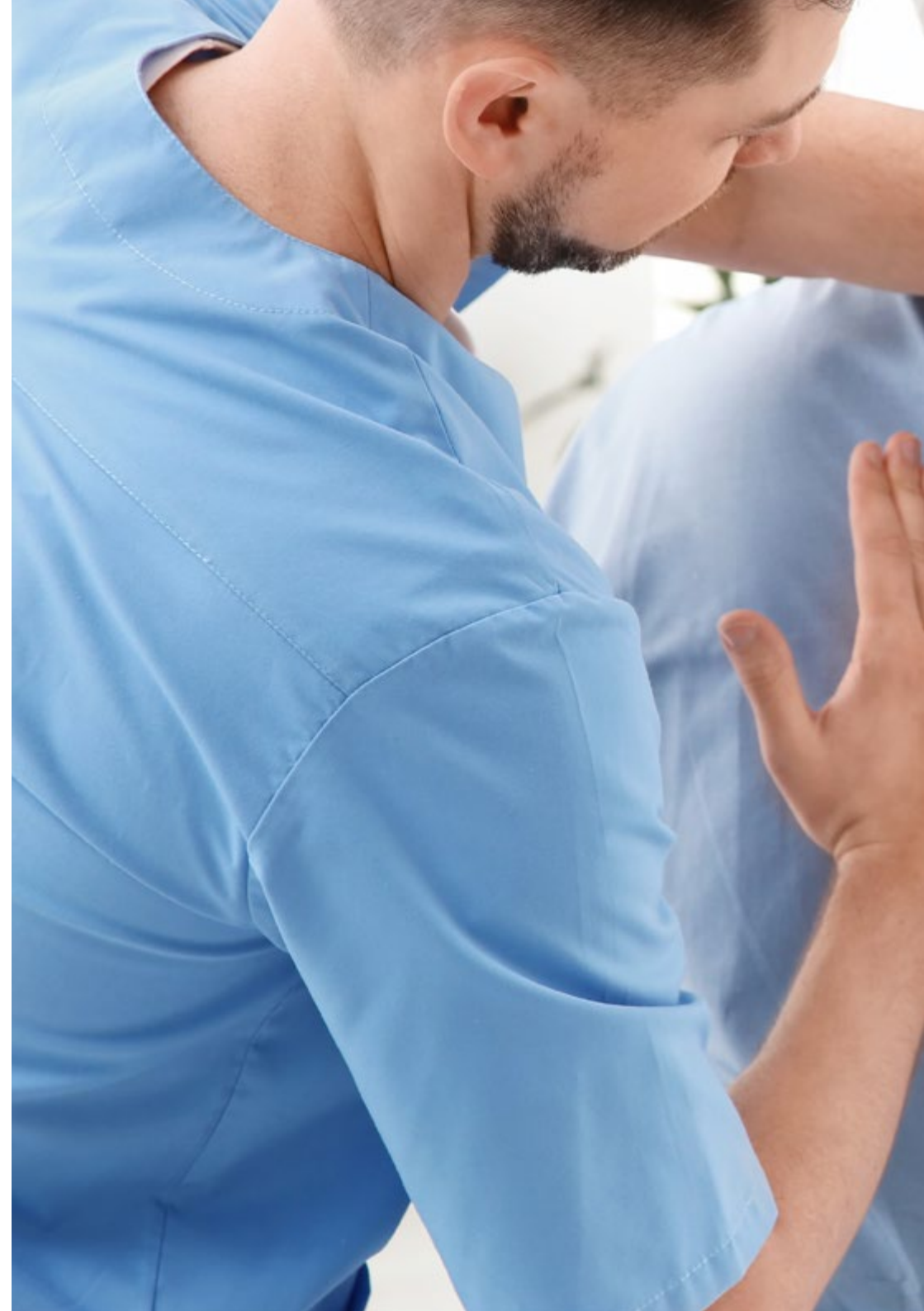
## Module 6. Musculoskeletal Pain for Nursing

- 6.1. Introduction and Concepts
  - 6.1.1 Concept of Musculoskeletal Pain
  - 6.1.2 Epidemiology and Impact of the Processes
  - 6.1.3 Pathophysiology
  - 6.1.4 Clinical Characteristics
  - 6.1.5 Classification
- 6.2. Nurse Assessment of Pain
  - 6.2.1 Verbal Assessment Methods
  - 6.2.2 Behavioral Assessments
  - 6.2.3 Physiological Measurements
- 6.3. Inflammatory Pain
  - 6.3.1 Features
  - 6.3.2 Epidemiology
  - 6.3.3 Inflammatory Arthropathies

- 6.4. Mechanical Pain
  - 6.4.1 Features
  - 6.4.2 Epidemiology
  - 6.4.3 Degenerative Arthropathies
  - 6.4.4 Soft Tissue Alteration
- 6.5. Musculoskeletal Pain in Bone Diseases
  - 6.5.1 Characteristics of Bone Diseases
  - 6.5.2 Epidemiology
  - 6.5.3 Pain in Osteoporosis
  - 6.5.4 Pain in Paget's Disease
  - 6.5.5 Osteoarticular Pain
- 6.6. Musculoskeletal Pain Due to Metabolic and Endocrine Disorders
  - 6.6.1 Definition of Metabolic and Endocrine Disorders
  - 6.6.2 Epidemiology
  - 6.6.3 Classification
  - 6.6.4 Pain Due to Metabolic and Endocrine Disorders
- 6.7. Muscular Pain
  - 6.7.1 Introduction
  - 6.7.1 Features
  - 6.7.2 Epidemiology
  - 6.7.3 Myofascial Pain
  - 6.7.4 Fibromyalgia
- 6.8. Musculoskeletal Pain in Connective Tissue Diseases
  - 6.8.1 Definition in Connective Tissue Diseases
  - 6.8.2 Epidemiology
  - 6.8.3 Classification
  - 6.8.4 Pain in Connective Tissue Diseases
- 6.9. Treatment of Musculoskeletal Pain
  - 6.9.1 Oral Treatment
  - 6.9.2 Topical treatment
  - 6.9.3 Nerve Blocks and Infiltration Techniques
  - 6.9.4 Radiofrequency Techniques
  - 6.9.5 Neuromodulation Techniques
- 6.10. Roles of the Nurse in the Management of the Patient with Musculoskeletal Pain

## Module 7. Psychological Approach to Pain for Nursing

- 7.1. Communication with the Patient (Nursing Perspective)
  - 7.1.1 Importance of Good Communication with the Patient
  - 7.1.2 Types of Communication
  - 7.1.3 Improving Communication
- 7.2. Psychological Aspects of Pain, Psychological Problems
  - 7.2.1 Anxiety
  - 7.2.2 Depression
  - 7.2.3 Insomnia
  - 7.2.4 Low Self-Esteem.
- 7.3. Psychological Aspects of Pain, Personal Relationship Problems
  - 7.3.1 With Family
  - 7.3.2 With the Partner
  - 7.3.3 Sexuality
  - 7.3.4 Voluntary Isolation
- 7.4. Psychological Aspects of Pain
  - 7.4.1 Quality of Life: Decrease in Physical Activity, Lack of Independence, Decrease in Leisure & Entertainment
  - 7.4.2 Economic Problems: Sick Leave, Health Care Costs, Disability, etc.
- 7.5. Coping with Pain: Relaxation
  - 7.5.1 Types of Relaxation
  - 7.5.2 Relaxation Training
- 7.6. Coping with Pain: Cognitive Behavioral Treatment I
- 7.7. Coping with Pain: Cognitive Behavioral Treatment II
- 7.8. Coping with Pain: Clinical Hypnosis
- 7.9. Coping with Pain I
  - 7.9.1 Biofeedback
  - 7.9.2 Acceptance and Commitment Therapy
  - 7.9.3 Emotional Writing
- 7.10. Coping with Pain II
  - 7.10.1 Mindfulness
  - 7.10.2 New Technologies



## Module 8. Pain Management through Rehabilitation and Physical Activity for Nursing

- 8.1. Introduction to Pain
  - 8.1.1 Introduction to Pain
  - 8.1.2 Definition of Pain
  - 8.1.3 Pain Models
  - 8.1.4 Clinical Implications in Each Model
- 8.2. Introduction to Clinical Reasoning
  - 8.2.1 Definition of Clinical Reasoning
  - 8.2.2 Clinical Reasoning Models
  - 8.2.3 Hypothesis Categories
- 8.3. Pathobiological Mechanisms of Pain
  - 8.3.1 Mature Organism Model
  - 8.3.2 Input: Nociceptive Pain
  - 8.3.3 Inflammatory Pain
  - 8.3.4 Peripheral Neuropathic Pain
  - 8.3.5 Processing: Maladaptive Pain
  - 8.3.6 Output: Organism Response
- 8.4. Nociceptive Pain
  - 8.4.1 Clinical Characteristics
  - 8.4.2 Characteristics of the Tissues
  - 8.4.3 Healing Ability
  - 8.4.4 Basic Principles of Treatment
  - 8.4.5 Clinical Implications
- 8.5. Neuropathic Pain
  - 8.5.1 Clinical Features: Negative Signs vs. Positive Symptoms
  - 8.5.2 Physiology of Nerve Injury
    - 8.5.2.1. Prognosis
    - 8.5.2.2. Treatment Principles

- 8.6. Complex Chronic Pain
  - 8.6.1 Clinical Characteristics
  - 8.6.2 Pain Identifiers
  - 8.6.3 Theories of Complex Chronic Pain
  - 8.6.4 Specificity vs Peripheral Pattern
  - 8.6.5 Neuromatrix Theory
  - 8.6.6 Relevance Theory
  - 8.6.7 Dynamic Connectome Theory
- 8.7. Risk Factors for Chronicity
  - 8.7.1 Psychosocial Factors
  - 8.7.2 Social and Cultural Factors
- 8.8. Fear of Movement
  - 8.8.1 Fear-Avoidance Model
- 8.9. Treatment
  - 8.9.1 Manual Therapy
  - 8.9.2 Education
  - 8.9.3 Exercise
- 8.10. Treatment of Complex Chronic Pain
  - 8.10.1 Pain Education
  - 8.10.2 Gradual Exposure to Movement
  - 8.10.3 Behavioral Changes

## Module 9. Nurse Assessment and Intervention in Pain

- 9.1. Standardized Nursing Assessment
  - 9.1.1 Assessment as a Phase of Nursing Methodology
  - 9.1.2 The Nursing Assessment Process
  - 9.1.3 Assessment According to Functional Patterns of Health
  - 9.1.4 Assessment According to Basic Human Needs
- 9.2. The Importance of Pain Assessment: The Fifth Sense
  - 9.2.1 Pain as a Multidimensional Experience
  - 9.2.2 Nursing Knowledge and Beliefs About Pain
  - 9.2.3 Barriers to Good Pain Management
- 9.3. Localized Pain Assessment Protocol
  - 9.3.1 Medical History
  - 9.3.2 Medical and Surgical Background
  - 9.3.3 Family and Social Background
  - 9.3.4 Psychiatric Background
  - 9.3.5 History of Pain
  - 9.3.6 Physical Exploration
  - 9.3.7 Explore Knowledge and Beliefs about Pain
  - 9.3.8 Pain Reassessment
- 9.4. Pain Assessment Scales I: One-Dimensional and Multidimensional Scales
  - 9.4.1 One-Dimensional Scales
  - 9.4.2 Multidimensional Scales
- 9.5. Pain Assessment Scales II: Special Situations
  - 9.5.1 For Patients Unable to Speak
  - 9.5.2 For Patients with Dementia
- 9.6. Comprehensive Assessment of Human Responses to Pain
  - 9.6.1 Breathing
  - 9.6.2 Feeding
  - 9.6.3 Elimination
  - 9.6.4 Mobilization
  - 9.6.5 Rest and Sleep
  - 9.6.6 Getting Dressed and Undressed
  - 9.6.7 Temperature
  - 9.6.8 Hygiene and Skin Condition
  - 9.6.9 Security
  - 9.6.10. Communication/Relationship
  - 9.6.11. Beliefs/Religion
  - 9.6.12. Learning
  - 9.6.13. Self-realization
  - 9.6.14. Leisure
- 9.7. Nursing Care Plan for Pain I
- 9.8. Nursing Care Plan for Pain II



- 9.9. Non-Pharmacological Management of Pain
  - 9.9.1 Physical Measurements
  - 9.9.2 Environmental Measurements
  - 9.9.3 Measures for the Promotion of Psychological Comfort
  - 9.9.4 Measures to Aid Coping
- 9.10. Health Education for Patients and Their Family
  - 9.10.1 Individual Therapy
  - 9.10.2 Group
  - 9.10.3 Community

## Module 10. Epidemiology and Public Health for Nursing

- 10.1. The Concept of Public Health
  - 10.1.1 Definition of Public Health
  - 10.1.2 Acute Pain and Public Health
  - 10.1.3 Chronic Pain and Public Health
  - 10.1.4 Oncologic Pain and Public Health
- 10.2. Health Politics Regarding Pain
  - 10.2.1 Plan for the Improvement of Pain Care in the Spanish National Health System
- 10.3. Demographics of Pain
- 10.4. Gender and Pain
  - 10.4.1 Women and Chronic Pain
  - 10.4.2 Social Impact of Pain in Women
  - 10.4.3 Women and Chronic Disease
- 10.5. Epidemiology of Cancer Pain
  - 10.5.1 Current Epidemiology of Oncological Pain
  - 10.5.2 Social and Economic Consequences
- 10.6. Sexuality in People with Chronic Pain
  - 10.6.1 Current Epidemiology of Chronic Pain
  - 10.6.2 Social and Economic Consequences

- 10.7. Epidemiology of Acute Pain
  - 10.7.1 Current Epidemiology of Acute Pain
  - 10.7.2 Social and Economic Consequences
- 10.8. Bioethics of Pain
  - 10.8.1 Bioethics General Concepts
  - 10.8.2 Bioethics and Chronic Pain
  - 10.8.3 Bioethical Implications in Pain Management
- 10.9. Health promotion
  - 10.9.1 Community Health Promotion
  - 10.9.2 Hospital Measures to Promote Health in Chronic Patients
  - 10.9.3 Associative Movement and Health Promotion



*A unique, key, and decisive program to boost your professional development*

06

# 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.





“

*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

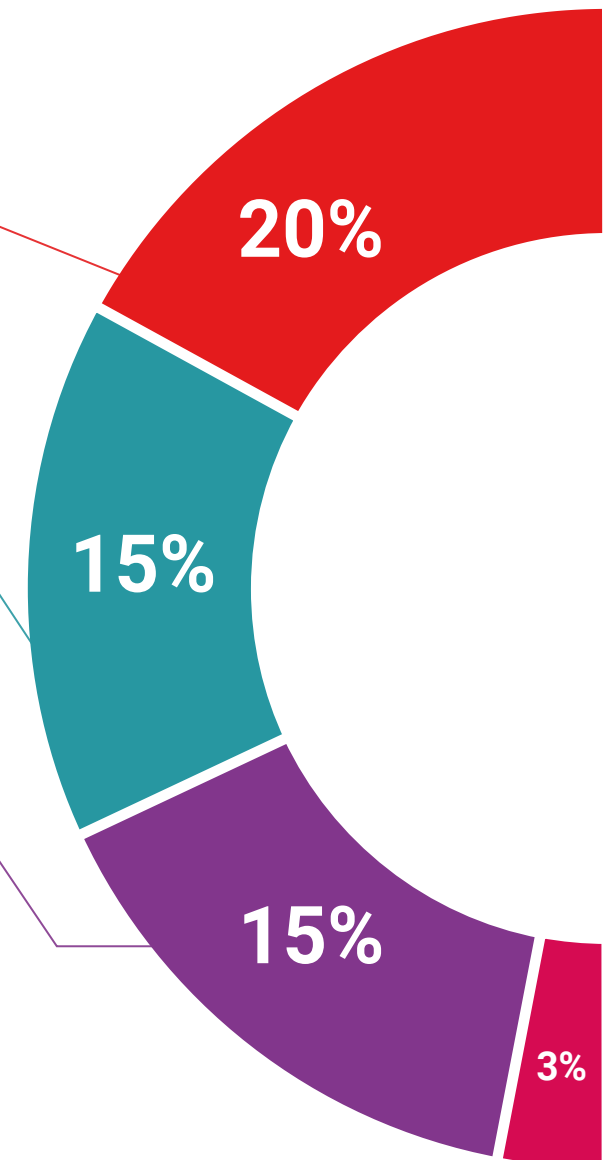
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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

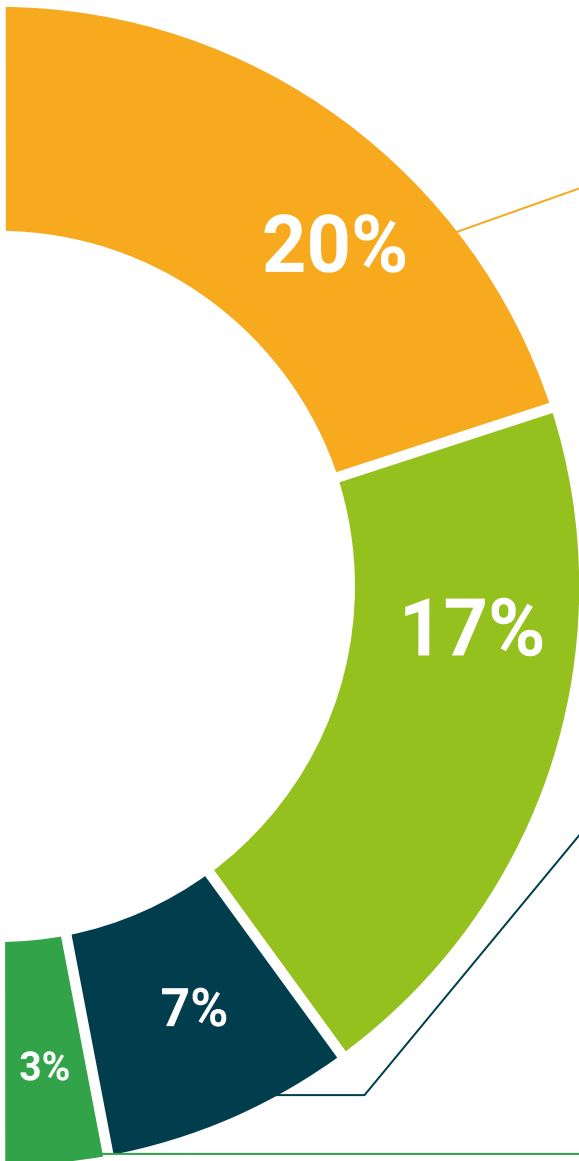


### Additional Reading

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.



07

# Certificate

The Professional Master's Degree in Pain Management for Nursing guarantees students, in addition to the most rigorous and updated education, access to a Professional Master's Degree issued by TECH Global University.



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*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This program will allow you to obtain your **Professional Master's Degree diploma in Pain Management for Nursing** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Professional Master's Degree in Pain Management for Nursing**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**



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



**Professional Master's Degree**  
Pain Management  
for Nursing

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

# Professional Master's Degree Pain Management for Nursing