

Appendix A: Pain Management Educational Program agenda and outlines

Time	Topic	Duration
07:15-0730	Welcoming Registration	
07:30-08:00	Pre-test	
08:00-08:30	<ul style="list-style-type: none"> • Pain definitions • Global and national burden 	30 minutes
08:30-09:00	<ul style="list-style-type: none"> • Physiology of pain • Classifications and types of pain • Consequences of untreated pain 	30 minutes
09:00-10:00	<ul style="list-style-type: none"> • The art and science of pain assessment as indicated by the patient condition, age, and mental status • Regular review and reassessment of pain • Barriers to effective pain assessment • Role plays 	60 minutes
10:15-11:15	<ul style="list-style-type: none"> • Principles of pain management • Pharmacological and non-pharmacological approaches of pain management • Analgesic and equianalgesic dosing • Case scenarios 	60 minutes
11:15-12:00	<ul style="list-style-type: none"> • Prevention and management of side effects • Challenges in pain management (tolerance, dependence, addiction, overdose, and withdrawal reaction) • Barriers to effective pain management 	45 minutes
12:00-12:30	<ul style="list-style-type: none"> • Multidisciplinary care in pain management: understanding the role of physiotherapy 	30 minutes
13:15-13:45	<ul style="list-style-type: none"> • Multidisciplinary care in pain management: psychological and behavioral approaches 	30 minutes
13:45-14:45	<ul style="list-style-type: none"> • Advanced modalities in pain management and nursing care: <ul style="list-style-type: none"> ➢ Neuraxial block techniques (case study) ➢ Patient-controlled devices (case study and hands-on) ➢ Wound infiltration (case study) 	60 minutes
14:45-15:15	<ul style="list-style-type: none"> • Nursing responsibilities, documentation, general discussion 	30 minutes
15:15-16:15	Post-test & Evaluation	