PAIN MANAGEMENT CORE COMPETENCIES FOR PRELICENSURE CLINICAL EDUCATION

An Interprofessional Consensus

PURPOSE

To develop core competencies in pain management for prelicensure clinical education for all health professions as a basis for delivering comprehensive and high-quality pain care.

PROCESS

The core competencies and supporting core values and principles were developed by an interprofessional expert group comprised of leaders from multiple health professions, including: dentistry, medicine, nursing, pharmacy, physical therapy, psychology, social work, acupuncture and veterinary medicine. The domains are aligned with the outline categories of the International Association for the Study of Pain curricula.

CORE VALUES/PRINCIPLES

The following core values and principles are integral to and embedded within all domains and competencies. To deliver the highest quality of care, health professionals must be able to determine and address the needs of patients from a variety of cultures and socio-economic backgrounds; advocate for patients on individual, system and policy levels; and communicate effectively with patients, families and professionals. These principles transcend any single domain and reflect the need for evidence-based comprehensive pain care that is patient centered and is delivered in a collaborative, team-based environment.
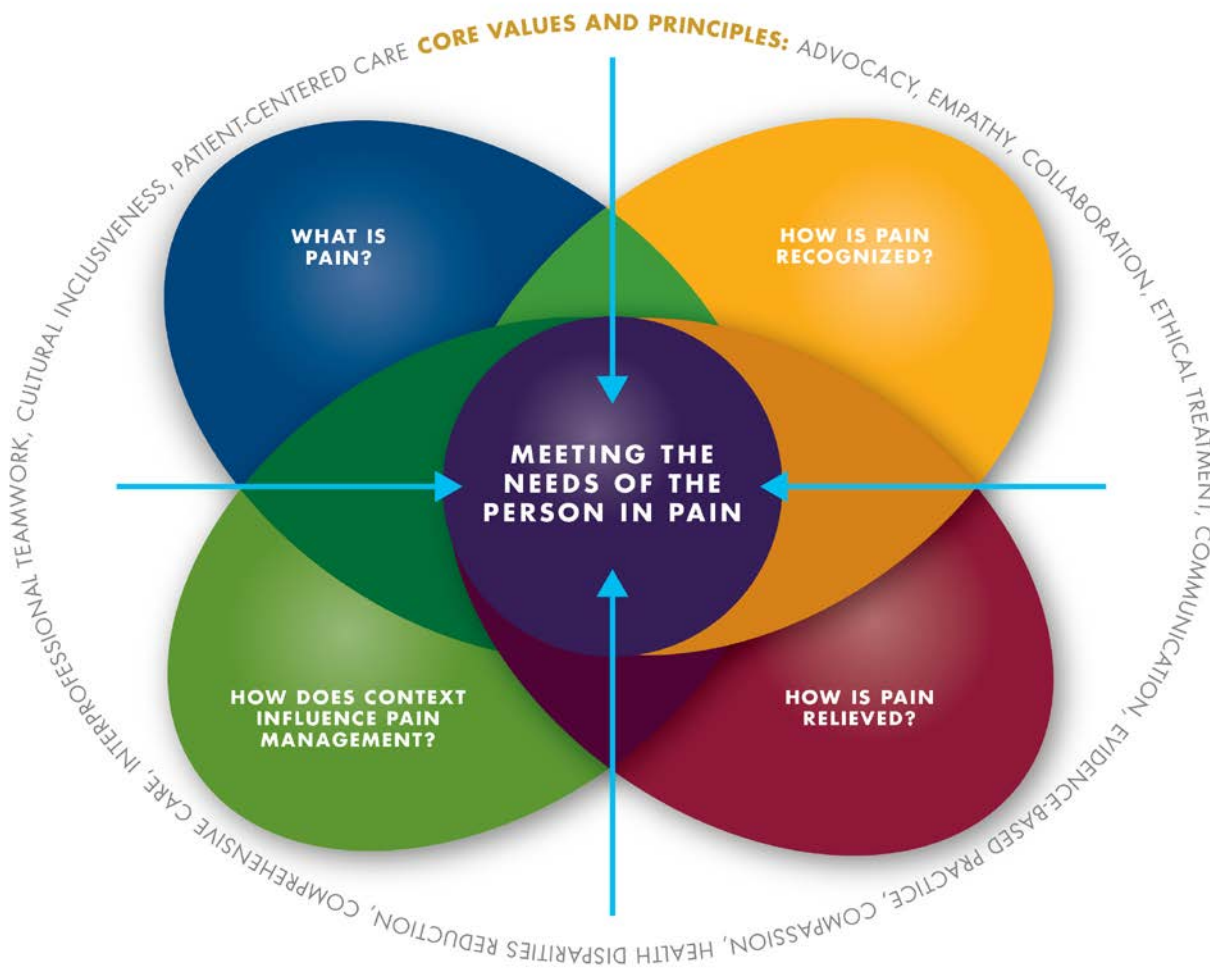
Advocacy
Collaboration
Communication
Compassion
Comprehensive Care
Cultural Inclusiveness

Empathy
Ethical Treatment
Evidence-Based Practice
Health Disparities Reduction
Interprofessional Teamwork
Patient-Centered Care

DOMAINS

The pain management core competencies are categorized within four domains: multidimensional nature of pain, pain assessment and measurement; management of pain, and context of pain management. The competencies address the fundamental concepts and complexity of pain; how pain is observed; collaborative approaches to treatment options; and application of competencies in the context of various settings, populations and care teams.

Pain Management Core Competencies

Core Values and Principles: Advocacy, Empathy, Collaboration, Ethical Treatment, Communication, Evidence-Based Practice, Compassion, Health Disparities Reduction, Comprehensive Care, Interprofessional Teamwork, Cultural Inclusiveness, Patient-Centered Care

Diagram sections: What is Pain? / How is Pain Recognized? / How Does Context Influence Pain Management? / How is Pain Relieved? / Meeting the Needs of the Person in Pain

Domain One
Multidimensional Nature of Pain: What is Pain?

This domain focuses on the fundamental concepts of pain including the science, nomenclature, experience of pain, and pain's impact on the individual and society.

1. Explain the complex, multidimensional and individual-specific nature of pain.
2. Present theories and science for understanding pain.
3. Define terminology for describing pain and associated conditions.
4. Describe the impact of pain on society.
5. Explain how cultural, institutional, societal and regulatory influences affect assessment and management of pain.

Domain Two
Pain Assessment and Measurement: How is Pain Recognized?

This domain relates to how pain is assessed, quantified, and communicated, in addition to how the individual, the health system, and society affect these activities.

1. Use valid and reliable tools for measuring pain and associated symptoms to assess and reassess related outcomes as appropriate for the clinical context and population.
2. Describe patient, provider and system factors that can facilitate or interfere with effective pain assessment and management.
3. Assess patient preferences and values to determine pain-related goals and priorities.
4. Demonstrate empathic and compassionate communication during pain assessment.

Domain Three
Management of Pain: How is Pain Relieved?

This domain focuses on collaborative approaches to decision making, diversity of treatment options, the importance of patient agency, risk management, flexibility in care, and treatment based on appropriate understanding of the clinical condition.

1. Demonstrate the inclusion of patient and others, as appropriate, in the education and shared decision-making process for pain care.
2. Identify pain treatment options that can be accessed in a comprehensive pain management plan.
3. Explain how health promotion and self-management strategies are important to the management of pain.
4. Develop a pain treatment plan based on benefits and risks of available treatments.
5. Monitor effects of pain management approaches to adjust the plan of care as needed.
6. Differentiate physical dependence, substance use disorder, misuse, tolerance, addiction, and non-adherence.
7. Develop a treatment plan that takes into account the differences between acute pain, acute-on-chronic pain, chronic/persistent pain, and pain at the end of life.

Domain Four
Clinical Conditions: How Does Context Influence Pain Management?

This domain focuses on the role of the clinician in the application of the competencies developed in Domains 1-3 and in the context of varied patient populations, settings, and care teams.

1. Describe the unique pain assessment and management needs of special populations.
2. Explain how to assess and manage pain across settings and transitions of care.
3. Describe the role, scope of practice and contribution of the different professions within a pain management care team.
4. Implement an individualized pain management plan that integrates the perspectives of patients, their social support systems and health care providers in the context of available resources.
5. Describe the role of the clinician as an advocate in assisting patients to meet treatment goals.

INTERPROFESSIONAL PAIN MANAGEMENT COMPETENCY PROGRAM COMMITTEE MEMBERS

Project Directors

Scott Fishman, MD
Chief, Division of Pain Medicine
Professor, Department of Anesthesiology and Pain Medicine
UC Davis School of Medicine
University of California, Davis

Heather M. Young, PhD, RN, FAAN
Associate Vice Chancellor for Nursing
University of California, Davis
Dean and Professor
UC Davis, Betty Irene Moore School of Nursing

Executive Committee

Ellyn Arwood, EdD
University of Portland
Roger Chou, MD
Oregon Health & Science University
Keela Herr, PhD, RN, AGSF, FAAN
University of Iowa

Beth Murinson, MD, PhD
Johns Hopkins University
Judy Watt-Watson, RN, MSc, PhD
University of Toronto

Competency Advisory Committee

Debra Bakerjian, PhD, FNP
University of California, Davis
Jane Ballantyne, MD
University of Washington
Steven Graff-Radford, DDS
Cedars-Sinai Medical Center
Daniel Carr, MD, FABPM
Tufts University
Molly Courtenay, PhD, MSc, BSc, Cert. Ed, RN
University of Surrey
Maja Djukic, PhD, RN
New York University
Steve Given, DAOM, LAc
American College of Traditional Chinese Medicine
Debra Gordon, RN, DNP, FAAN
University of Washington
Robin Kennedy, PhD
California State University Sacramento
Ian Koebner, MSc, MAOM, LAc
University of California, Davis
Nancy E. Lane, MD
University of California, Davis

Judith Paice, PhD, RN
Northwestern University
Ravi Prasad, PhD
Stanford University
Bruno Pypendop, DrMedVet, DrVetSci, Dipl. ACVA
University of California, Davis
Joanna Rowe, PhD, RN
Linfield College
Todd Semla, PharmD
Northwestern University
Naileshni Singh, MD
University of California, Davis
Kathleen Sluka, PhD, PT
University of Iowa
Barbara St. Marie, PhDc, RN, ANP, GNP, ACHPN
University of Minnesota Medical Center
Bonnie Stevens, RN, PhD
University of Toronto
Scott Strassels, PharmD, PhD
The University of Texas at Austin
Barton L Wise, MD, MSc, FACP
University of California, Davis

Project Manager

Jennifer Mongoven, MPH
University of California, Davis
(916) 734-7358
Jennifer.Mongoven@ucdmc.ucdavis.edu

Project Website

www.ucdmc.ucdavis.edu/paineducation/

Funded through a grant from

UCDAVIS
HEALTH SYSTEM

THE
MAYDAY
FUND