

## Assessing and relieving pain in adults



ML-67 2 Days (14 Hours)

### Description

The assessment of pain is made unclear both by the patient's difficulty in expressing it and by the heterogeneity of caregivers' knowledge and practices. This training aims to build a common base that allows pain to be assessed and the most appropriate care to be offered.

### Who is this training for ?

#### For whom

Care executives, health executives, IDE, AS and any other paramedical professional concerned.

#### Prerequisites

Aucune

### Training objectives

- Understand the challenges of identifying and tracking pain in hospitalized people
- Deepen knowledge about pain management
- Propose areas for improving professional practices

### Training program

#### Connaître la législation de prise en charge de la douleur

- Acute pain management protocols by teams.
- The four-year pain control plan.
- Priority required practices: prior interview evaluation.
- Presentation of HAS recommendations.
- Presentation of certification measures focused on pain.
- Exercise: Analysis of protocols in small groups.

#### Appréhender les différents types de douleur

- The physiology and chemistry of pain: perception, transmission, integration, control, effectors.
- The time factor in pain: growth, decay, intermittence, persistence, habituation.
- Acute pain/chronic pain: what specific neurophysiological mechanisms? Specific pain: cancer, dementia, pressure sores, diabetes, fibromyalgia.
- The psychological experience of pain.
- Case study Presentation of concrete clinical cases.

### Améliorer le dépistage et l'évaluation de la douleur

- Call signs, motor signs and signs of psychological regression linked to pain.
- Some pain screening tools: grids and rods, initial interview of evaluation.
- How to use the tools: Doloplus-2, ECPA, Mobiquil.
- Practical work Handling the tools.

### Comprendre la nécessité du travail en équipe

- The importance of daily observation by caregivers.
- The transdisciplinarity of pain assessment and monitoring: prevention, therapeutic education.
- Caring/taking care, does it eliminate pain? Means of personal and institutional resourcing.
- Collective reflection Creation of a sheet of available resources.

### S'approprier les approches médicamenteuses et non-médicamenteuses

- WHO protocols.
- The main families of analgesics and their pharmacokinetics.
- Clinical administration protocols, clinical monitoring, addictive risk.
- Non-drug therapies: sophrology, relaxation, hypnosis.
- Exercise: Workshops to put non-drug techniques into practice and case analysis of drug therapies.