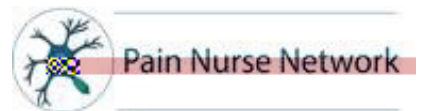
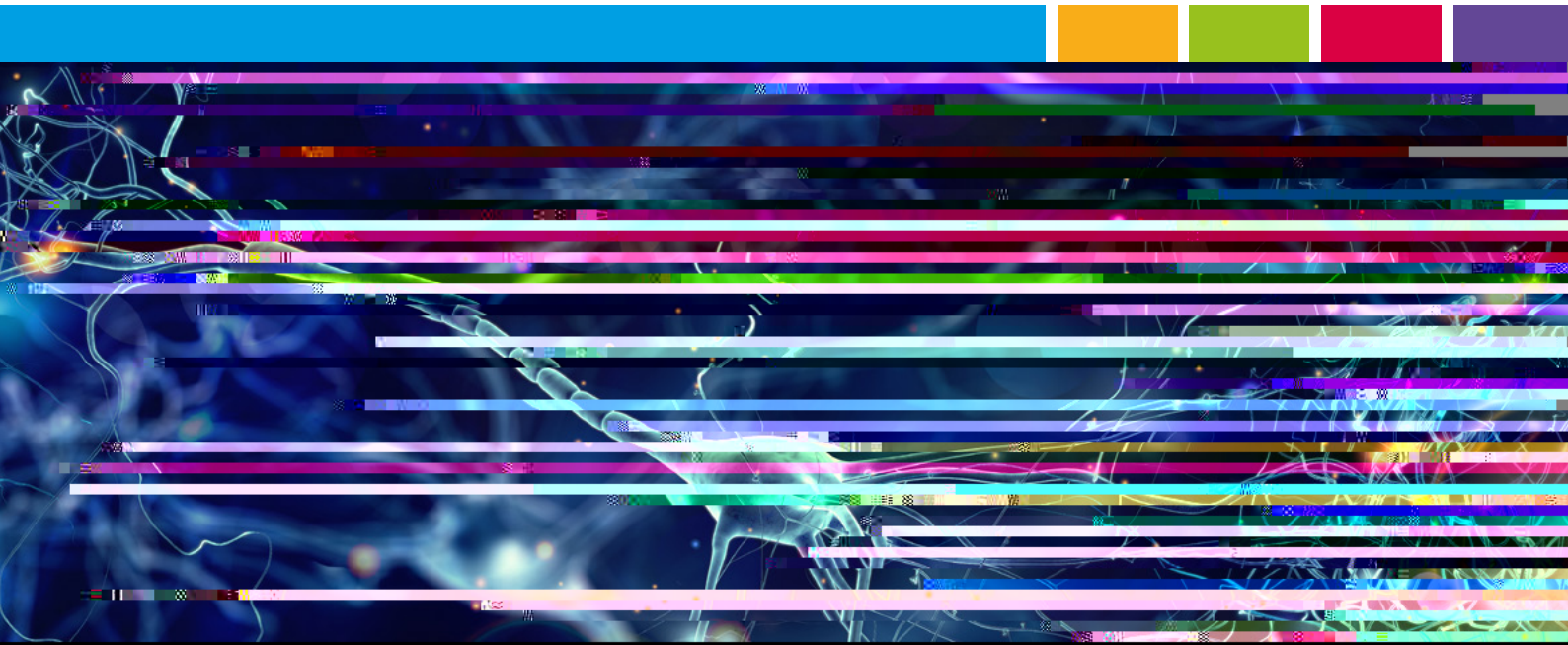




Levels One and Two



Contents

Domain One: Recognition of pain

This aspect of care examines definitions of pain, its anatomy and physiology, psychological, emotional, spiritual and social aspects of pain.

| Knowledge | Skills |
|--|--------|
| <ol style="list-style-type: none"><li data-bbox="193 524 796 591">1. Recognises the signs that an individual is in pain or discomfort.<li data-bbox="193 595 796 730">2. Understands and explains that pain is: "Whatever the experiencing person says it is, existing whenever the experiencing person says it does" (McCarron, 1998, p. 10) | |



This aspect of care outlines how pain can be assessed, measured and communicated.

| Knowledge | Skills |
|--|---------------|
| 1. Understands and explains that there are | |



Domain Three: Treatment – physical strategies to manage pain

This aspect of care outlines the importance of physical strategies to improve and maintain function in acute and persistent pain.

| Knowledge | Skills |
|---|--|
| <ol style="list-style-type: none">1. Understands and explains the physical strategies available for the management of pain:<ul style="list-style-type: none">• turning, positioning and re-positioning• wound support• reach devices• heat and cold• massage.2. Has an understanding and explains the policy that drives this pain practice.3. Describes the need for all individuals/ patients to have access to the provision of physical strategies available for the management of pain.4. Understands and explains the issues of safeguarding individuals/ patients and providing accurate patient information. | <ol style="list-style-type: none">5. Grade 1: works under supervision.6. Works within the limits of the level and competency of their own practice and the agreed ways of working by their employer.7. Works collaboratively with colleagues across all disciplines to support person-centred care.8. Ensures equipment or medical devices are working properly or in the correct position, for example, wheelchairs, prosthetics, catheter tubes.9. Observes and reports the effectiveness of physical strategies, in line with the organisation's policy.10. Evaluates effectiveness of physical strategies through pain assessment and asking the patient (or their family member/ carer).11. Removes or minimises any environmental factors causing pain or discomfort. These can include wet or soiled clothing or bed linen, poorly positioned lighting, noise.12. Completes accurate documentation within clinical records, in line with the organisation's policy.13. Reports concerns to a senior health care professional immediately.14. |

Domain Three: Treatment – self management strategies

This domain describes how the nursing team contribute to enabling patients to engage with self-management strategies for managing acute and chronic pain.

| Knowledge | Skills |
|--|---|
| <ol style="list-style-type: none"> 1. Understands and explains that there is a difference between acute and chronic pain, including the physical and psychological effects. 2. Describes the need for all individuals/ patients to have access to the provision of self-management information. 3. Demonstrates and explains awareness of self-management strategies that individuals/patients can use in the management of pain: <ul style="list-style-type: none"> • distraction methods: <ul style="list-style-type: none"> • listen to music • watch a film/programme • relaxation • mindfulness/meditation • knitting. • exercise • other strategies used by patient. 4. Understands and explains how nursing care interventions may contribute to promoting self-management strategies, as part of the interdisciplinary team. 5. Understands and explains the principals of safeguarding individuals/patients and patient information and can escalate concerns to senior health care professionals. | <ol style="list-style-type: none"> 6. Grade 1: works under supervision. 7. Works within the limits of the level and competency of their own practice and the agreed ways of working by their employer. 8. Works collaboratively with colleagues across all disciplines to support person-centred care. 9. Uses nursing care to promote movement, reduce anxiety, improve comfort, facilitate restful sleep and encourage distraction to help self-manage pain. 10. Discusses with the person/their carer/their family ways in which self-management can be optimised, for example, creating the right environment, in an honest, respectful, compassionate, accurate and timely way. 11. Observes and reports the effectiveness of self-management strategies, in line with the organisation's policy. 12. Seeks support and appropriately escalates care to senior health care professional |

Domain Three: Treatment - use of pharmacological strategies

This domain explores how nurses contribute to the safe, timely and appropriate use of pharmacological therapies.

| Knowledge | Skills |
|--|---|
| <ol style="list-style-type: none">1. Describes the different routes of administration of commonly used medicines to manage pain, in their area of practice.2. Describes the risks and side effects of commonly used medicines to manage pain, in their area of practice.3. Has an understanding of the policy and describes what drives this pain practice.4. Describes the importance of continuous data collection and quality improvement that informs effective and safe pain management. | <ol style="list-style-type: none">5. Grade 1: works under supervision.6. Works within the limits of the level and competency of their own practice and the agreed ways of working by their employer.7. Works collaboratively with colleagues across all disciplines to support person-centred care.8. Assists with giving analgesics under direct supervision ().9. Works within relevant legislative and local standard operating procedures.10. Explains the importance of safeguarding patient information.11. Escalates pharmacological strategies' concerns and problems (not working and/or side effects), to senior health care professional immediately. |

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