

**Title: Integrative Approaches to Pain Management: Expanding Our Nursing Toolbox**

1. Skills Workshop October 15th: 7:00 am - 4:30 pm, Boston Medical Center Simulation Lab
2. Self-guided case study preparation for Webinar - "homework"
3. Webinar Nov 1<sup>st</sup> 9 – 10:30 am, at Dana Farber Cancer Center, WebEx conference for off-site participation

**Total CNEs = 9.5**

Completion of all segments is required to receive CNEs. Webinar will be recorded for participants to watch if live call-in is unexpectedly not possible.

**Cost non-DFCI/BMC nurses = \$100**

**Cost DFCI/BMC nurses = \$85**

**Skills Training Session, October 15th, BMC Simulation Lab, 4 Parts**

**Part I: Introduction to Integrative Nursing 7:00am-8:00 am**

**Part II: Skills Practice Workshops 8:00 - 12:00pm**, Four 55 minute sessions

Learning Outcome: Participants will learn about and practice skills in four integrative pain management topic stations:

1. Relaxation: breathing, relaxation response, guided imagery, cognitive reframing,
2. Movement: mind-body movement, stretches, repositioning, progressive muscle relaxation
3. Presence: Deep listening, light touch & massage, therapeutic presence
4. Sensory: Reflection, sensory forms of distraction

**Part III: Integrating Skills into Practice, 12:45 - 4 pm**

Two 90 minute sessions, Part A & B will run concurrently. **15 minute break**

A. Application in Practice

Learning Outcomes:

- Participants will reflect upon and share common pain management challenges (and successes) they experience in their clinical practice setting.
- Participants will understand how to use the Workshop Case Study template to capture their challenging cases in applying IAPM in practice.
- Participants will create and share their individualized plan for bringing the skills they have learned into their practice.

B. Simulation of IAPM

Learning Outcome: Participants will apply IAPM skills they have learned in the practice workshop into simulated patient care scenarios. Participants will participate in a debriefing with the simulation facilitator after each scenario.

**Part IV: Wrap-Up 4 - 4:30**

**Integrative Pain Management Webinar, 1.5 hours**

9:00 - 10:30 am, Nov 1st

Method: Web-based presentation, group discussion

Presenters: Paul Arnstein, Donna White, TBD

Moderator: Shanna Hoffman

Learning Outcomes:

- Participants will have increased understanding of the opportunity that has arisen from the opioid crises for nurses to implement integrative strategies to help address pain as a bio-psycho-social experience.
- - Participants will become familiar with the Joint Commission mandate to provide non-pharmacological approaches for pain management.
- Participants will explore strategies to handle common challenges to integrative pain management in their practice settings.
- Participants will share successful strategies that have nurtured an integrative approach to pain and/or describe ways they could use techniques learned in the webinar and/or skills workshop in their practice setting.