

“Pain 101: The Basics of Managing Your Pain”
COMMUNITY SERVICE PROJECT
NoVA ASPMN Local Chapter

Presentation Format: Power Point followed by Q&A session with an opportunity to view or walk through a poster presentation on 4 topics with NoVA ASPMN Membership available to answer questions.

Length Required: 90-120 Minutes

Members: Presenter plus one person per poster (3-4 people)

Equipment: Projector, Tables (5), chairs

Refreshments: Optional

OUTLINE

1. Introduction
2. Current Statistics for Under-treated and untreated pain
3. Barriers and Myths to Pain Management
4. Key Definitions:
 - a. Physical Dependence
 - b. Tolerance
 - c. Pseudoaddiction
 - d. Addiction
5. Defining Pain
6. Consequences of Unrelieved Pain
7. Multimodal Approach to Pain Management
8. Self Management Skills
9. Question and Answer Session
10. Poster Sessions with additional Q&A available.

Posters: Pain Myths

Complimentary and Alternative Medicine (CAM Therapies)

Medication Safety

Nocioception and Multimodal Therapy –“When, Why, What and How of Pain”

Education Materials

Materials donated by American Pain Foundation, and Inflexxion/ PainEDU.org.