



Royal College
of Nursing

CLINICAL PROFESSIONAL RESOURCE



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Domain One: Recognition of pain.....	5
Domain Two: Assessment of pain	6





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

<ol style="list-style-type: none"> 1. Discusses the rationale for assessment of pain as a multi-dimensional experience and the barriers that can occur. 2. Use of valid and reliable tools for assessing and measuring pain at rest and on movement. 3. Identifies social populations with potential challenges to assessment and demonstrate fundamental knowledge of appropriate assessment frameworks/tools where relevant to practice. 4. Demonstrates the ability to undertake a fundamental pain history. 5. Discusses clinical rationale for investigations in the assessment of the person with pain. 	<ol style="list-style-type: none"> 6. Performs a general physical assessment. Assesses the impact of interventions on pain and function. 7. Assesses the patient and family's knowledge/understanding of their pain, its contributing factors, their goals, beliefs and expectations surrounding treatment and their preferences. 8. Accurately documents and communicates data/findings with relevant health care professionals. 9. Documents timeline for reassessment of pain and evaluation of pain management interventions. 10. Accurately evaluates effectiveness of pain management plan with the person in pain and communicates amendments required to appropriate health care professional.
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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.



Domain Three: Treatment – self management strategies

The following are the key competencies for this domain:

Domain Three: Treatment - use of pharmacological strategies

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

<ol style="list-style-type: none">1. Aware of any potential signs and symptoms/ contra-indication of pharmacological strategies.2. Knows the therapeutic uses of the medication to be administered, its normal dosage, side-effects, precautions and contra-indication.3. Develops the skills to give simple and clear instructions for patients in their care, and at discharge.4. Recognises that medicines may impact mental capacity.5. Aware of the roles of the regulatory agencies involved in medicine use, monitoring and licensing (for example the National Institute of Health and Clinical Excellence)	



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