



## Hybrid Master's Degree

## Pain Management for Nursing

» Modality: Hybrid (Online + Clinical Internship)

» Duration: 12 months

» Certificate: TECH Global University

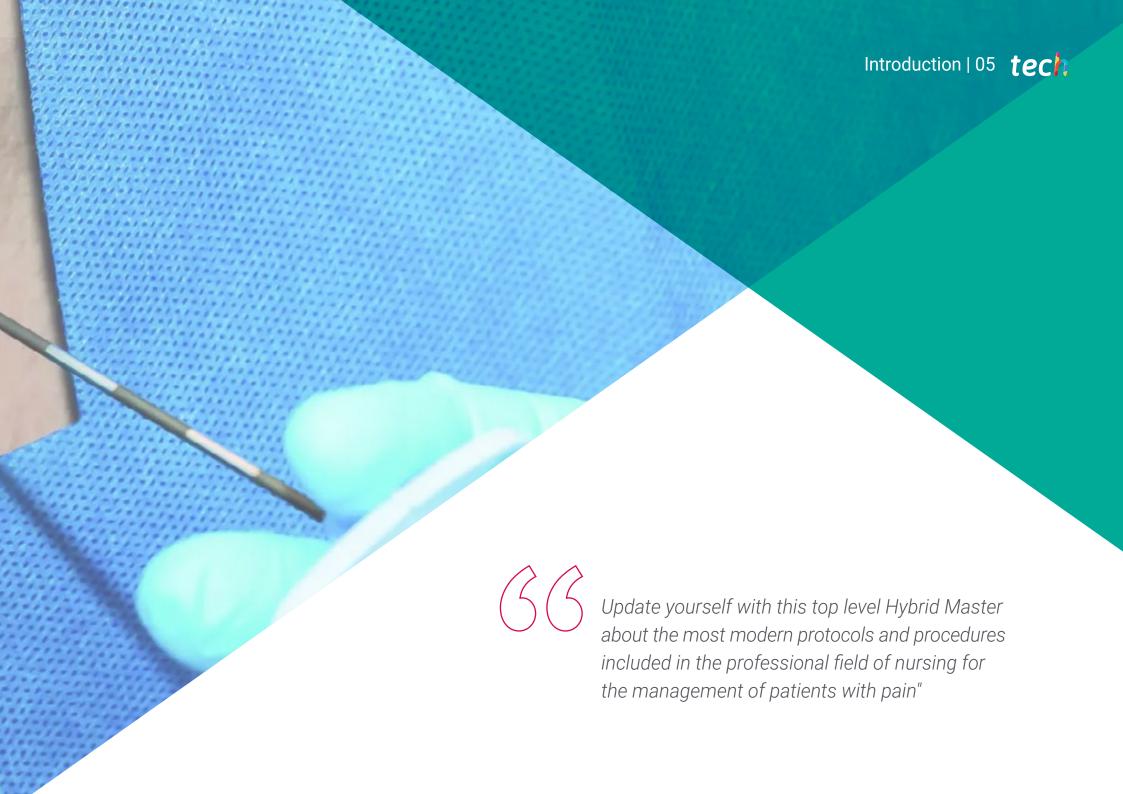
» Accreditation: 60 + 4 ECTS

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## Index

02 03 Competencies Introduction Why Study this Hybrid **Objectives** Master's Degree? p. 4 p. 8 p. 12 p. 18 05 06 **Course Management Educational Plan Clinical Internship** p. 22 p. 26 p. 36 80 Methodology Where Can I Do the Certificate Clinical Internship? p. 42 p. 46 p. 54





## tech 06 | Introduction

The scientific contributions related to Pain Management have been significant in recent years. Through various researches, therapeutic methods such as gene treatments, neurostimulation or neurolytic blocks have appeared. At the same time, pharmacological strategies have emerged, based on the latest generation of analgesics, which have revolutionized intervention strategies for patients. As a consequence of these advances, the field of nursing has also updated its protocols and procedures, adjusting to the new times and equipment. However, health care professionals find it difficult to keep up to date on these aspects due to the lack of educational programs on this subject, focused on their specific competencies.

For this reason, TECH has designed this Hybrid Master's Degree in Pain Management for Nursing. Through this program, graduates will have access to all the most modern knowledge in this field with an academic modality divided into two stages. First, dedicated to the theoretical study of the field of care in question, will take place on a 100% online and interactive platform. In it, the contents will be free from the very beginning, facilitating self-management of learning. In addition, to reinforce knowledge more effectively, you will use a variety of multimedia resources such as interactive summaries, videos and infographics. Likewise, *Relearrning*, a methodology of great didactic value, will contribute to assimilate new skills in a fast and flexible way.

In the second half, students will develop a first level clinical practice, in a hospital center equipped with the best technologies and healthcare resources. In this way, the nurse will be able to learn first-hand all its applications and develop the procedures specific to his or her area of work to contribute to the evaluation and recovery of patients. Throughout this intensive 3-week on-site stay, you will discuss management strategies with leading experts. At the same time, an assistant tutor will supervise your work and assign tasks to increase your progress.

This **Hybrid Master's Degree in Pain Management for Nursing** contains the most complete and up-to-date Scientific program on the market. Its most notable features are:

- Development of more than 100 clinical cases presented by nursing experts in chronic pain management.
- The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice.
- Comprehensive systematized action plans for the main pathologies Presentation of practical workshops on diagnostic and therapeutic techniques
- Practical clinical guides on approaching different pathologies
- All of this will be complemented by theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments.
- Content that is accessible from any fixed or portable device with an Internet connection.
- Furthermore, you will be able to carry out a clinical internship in one of the best hospital centers



With this program, you will have total comfort to self-manage the study of its theoretical contents through 1,500 hours of learning"



You will dedicate 3 weeks to the development of practical nursing skills, related to Pain Management, by means of this very complete Hybrid Master's Degree"

In this Hybrid Master's Degree, with a vocational nature and blended learning modality, the program is aimed at updating nursing professionals who require a high level of qualification. The content is based on the latest scientific evidence and is organized in a didactic way to integrate theoretical knowledge into nursing practice. The theoretical-practical elements allow professionals to update their knowledge and help them to make the right decisions in patient care.

Thanks to the multimedia content, developed with the latest educational technology, nursing professionals will benefit from situated and contextual learning, i.e., a simulated environment that will provide immersive learning programmed to train in real situations. This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

This Hybrid Master's Degree will update you on the technical aspects to be taken into account to objectively assess the communication and behavior of the patient who claims to suffer acute pain.

Master the most modern procedures on epidural infiltrations and how to assist the physician in their development from your role as a nurse.







## tech 10 | Why Study this Hybrid Master's Degree?

#### 1. Updating from the Latest Technology Available

In the field of pain, science has innovated by providing pharmacological solutions and interventional methods with greater and better results. Throughout this Hybrid Master's Degree, nurses will analyze all these tools and will delve into the most up-to-date management of them in their specific area of competence.

#### 2. Gaining In-depth Knowledge from the Experience of Top Specialists

During the two phases of this Hybrid Master's Degree, nurses will be accompanied by the best experts. First, in the theoretical stage, it will be through a teaching staff of the highest prestige. Then, during the clinical practice, they will be accompanied by professionals with extensive experience in health care.

#### 3. Entering First-Class Clinical Environments

TECH, based on a careful selection, has identified the hospital centers that are best prepared to enable its students to up to date their knowledge during the practical stage of this Hybrid Professional Master's program. In all of them, nurses will find the best technological resources and a team of experts formed to advise them on the most demanding and exhaustive updates.





## Why Study this Hybrid Master's Degree? | 11 tech

#### 4. Combining the Best Theory with State-of-the-Art Practice

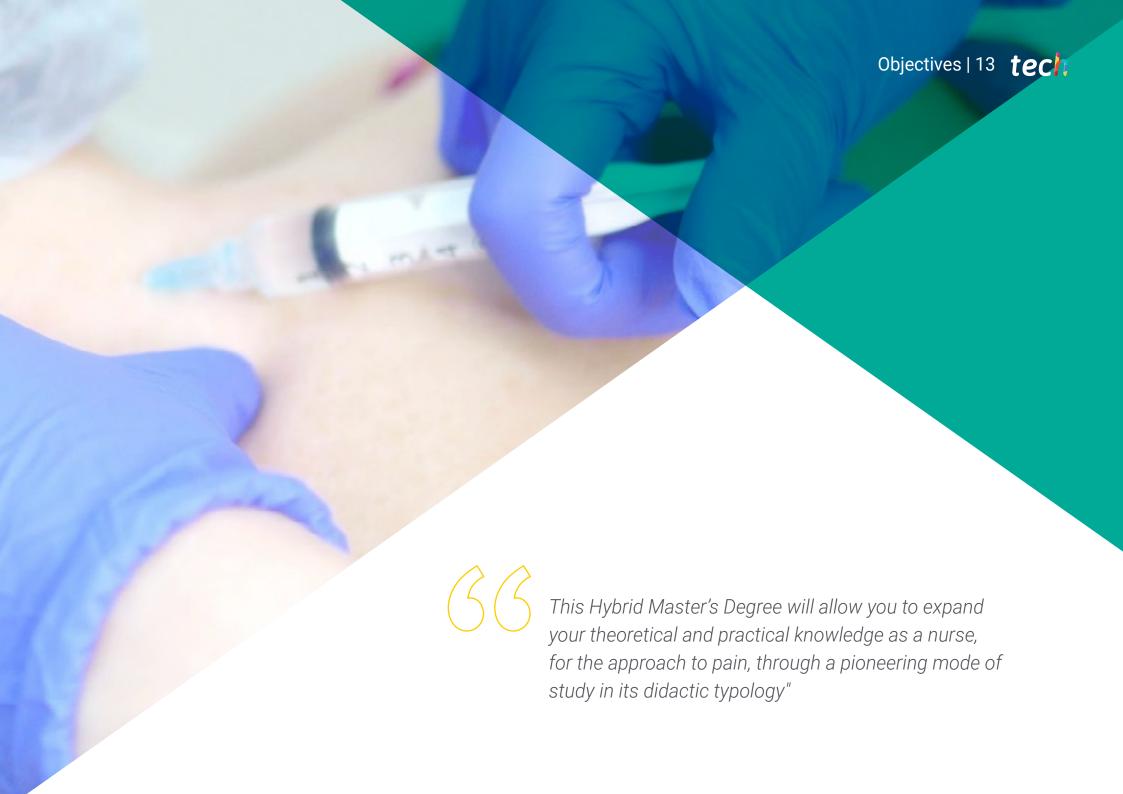
For the academic preparation of nursing, in relation to Pain Management, there are many programs with an excessive theoretical load. TECH wants to overcome this deficiency by proposing to the student a program that integrates the online study of the most modern concepts, with a practical, face-to-face and immersive stay of 3 weeks duration. In it, you will deal with real patients from the very beginning, under the close supervision of an assistant tutor.

#### 5. Expanding the Boundaries of Knowledge

TECH has located centers of rigor for this clinical practice, located in different cities and geographical latitudes in general. In this way, the nurse will have the opportunity to access a facility that fits his or her location and also receive the most up-to-date content with excellence.







## tech 14 | Objectives

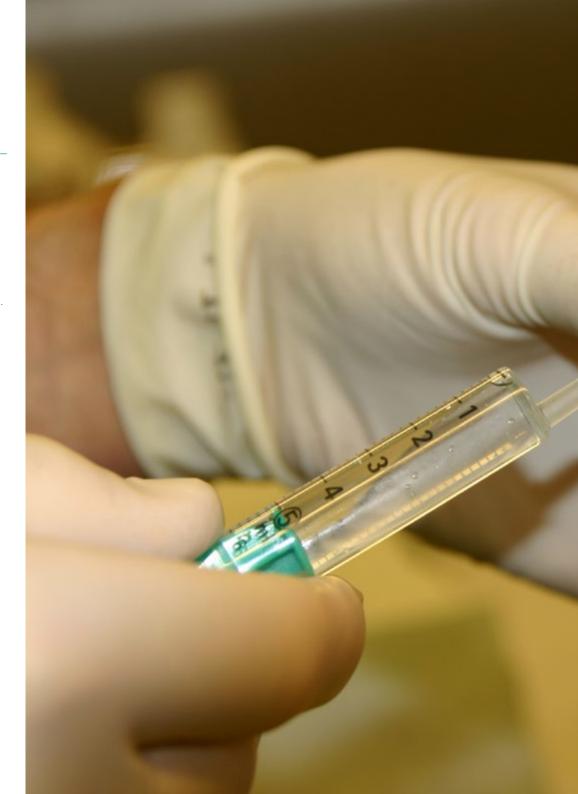


### **General Objective**

From this Hybrid Master's Degree, the nursing professional will manage the most up
to date knowledge about pain, in the context of daily care practice. Specifically, it will
provide graduates with the appropriate tools to assess and intervene, from their
area of competence, with patients in a holistic context. It will also enable you
to master the multidisciplinary protocols used in these areas and to take into account
the necessary precautions to identify and suppress adverse effects of specific products.



You will achieve all your academic goals in 1,620 hours through a flexible educational program that, in its first stage, completely adjusts to your schedules and interests"





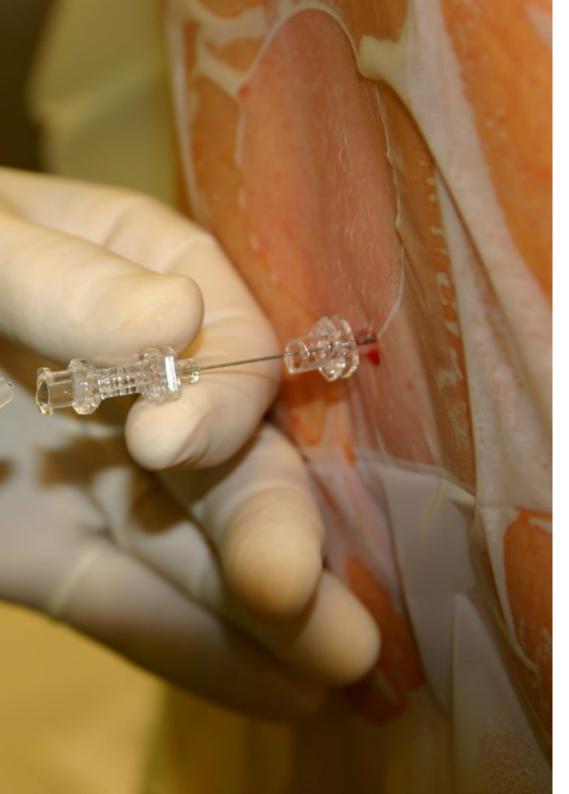
## **Specific Objectives**

#### Module 1. General Pain Concepts for Nursing

- Identify the different types of pain according to etiology, location and temporality
- Take a complete initial clinical history to be able to detect changes in condition over time
- Deepen in the different types of analgesics and their pharmacology
- Identify interventional techniques
- Integrate knowledge and up to dates in research for the development of new analgesics and gene therapy

#### Module 2. Acute and Postoperative Pain for Nursing

- Provide up-to-date knowledge of acute and post-surgical pain with a practical and care approach
- Deepen in pain prevention strategies in the context of surgery, pre-surgical care
- Contextualize the nursing work in the multidisciplinary team
- Achieve specialization in all aspects of patient safety in the surgical environment



## tech 16 | Objectives

#### Module 3. Chronic Oncologic Pain for Nursing

- Know, evaluate and manage all the problems derived from oncological pain, in any of its phases, to take care of all the patient's needs and contribute effectively to improve their quality of life
- Recognize the types of oncologic pain
- Manage Cancer Fatigue
- Know the side effects of antineoplastic treatments that cause pain
- Manage the specific, pharmacological, invasive and integrative therapy for the treatment of cancer pain
- Manage the nursing process in the oncologic patient with pain

#### Module 4. Chronic Non-Oncologic Pain for Nursing

- Acquire the necessary knowledge to develop the nursing activity, with up-to-date data and focused on daily practice, in relation to the approach to pain
- Obtain a clear vision of the importance of nursing in the adequate approach to non-oncological chronic pain, with a course expressly focused on showing an appropriate methodology for the assessment of pain and the different treatment and care options that serve as a basis in their daily activity
- Reflect on the extent of pain and its consequences
- Distinguish the different types of non-oncologic pain

#### Module 5. Pain in Children for Nursing

- Contextualize the epidemiology of childhood pain
- Describe the physiological or biological, behavioral and behavioral methods used to manage pain
- Acquire expertise in the different scales used by these methods for pain assessment in children and neonates
- Deepen and describe the pharmacological and non-pharmacological treatment used in the management of pain in children
- Integrate the safety aspects related to the prescription and administration of drugs in children
- Deepen and describe the characteristics of pain in the oncologic child
- Describe the characteristics that define hospitalization in children
- Know the characteristics that define pain in a pediatric intensive care unit

#### Module 6. Musculoskeletal Pain for Nursing

- Assess the patient with pain
- Identify the type of pain: know its physiopathology and clinical characteristics
- Specialize in the main pathologies in which this type of pain occurs
- In-depth knowledge of the different treatments in their approach
- Provide health education to patients and families on the management of musculoskeletal pain

#### Module 7. Psychological Approach to Pain for Nursing

- Appreciate the importance of good quality communication with people with pain and improve their performance
- Know the most important psychological aspects that influence people with pain and on which the success of any treatment may depend
- Deepen and choose among the most effective techniques used in the treatment of people with pain
- Provide the health professional with effective tools for the treatment of pain individually or in groups

## Module 8. Pain Management through Rehabilitation and Physical Activity for Nursing

- Define clinical reasoning
- In-depth knowledge of the pathobiological mechanisms of pain
- In-depth knowledge of the characteristics, implications and treatments of nociceptive pain
- Learn more about the characteristics, prognosis and treatments of neuropathic pain
- Define and know how to manage fear of movement
- Learn and acquire expertise in the pillars of treatment from physical activity and rehabilitation: manual therapy, education and exercise
- Holistic approach to complex chronic pain: characteristics, theories and treatments

#### Module 9. Nurse Assessment and Intervention in Pain

- Integrate in-depth knowledge in nursing methodology
- Develop skills for the comprehensive assessment of the patient
- Know the tools for pain measurement
- Develop skills in making care plans based on the NANDA-NOC-NIC taxonomy
- Know some non-pharmacological measures that can be performed by Nursing for pain control
- Expand their knowledge of available resources and techniques to transmit them to patients through health education

#### Module 10. Epidemiology and Public Health for Nursing

- Update knowledge on epidemiology in chronic pain, oncologic pain, acute pain and post-surgical pain in order to contextualize in a global way the impact of pain in society and in the quality of life of patients and their loved ones
- Specialize in public policies related to pain and their application in the working environment of nursing in all areas of care
- Delve in the importance of bioethics in nursing and its implications in pain intervention and pharmacological treatment
- Learn more about the importance of nursing in health promotion strategies and their development in individual, group and community settings
- Contribute to the nursing discipline with touches of gender perspective in pain, social stigmatization of chronic pain and chronicity



## tech 20 | Skills



#### **General Skills**

- Perform holistic management of different types of pain in all care settings
- Assess, evaluate, diagnose and intervene with a plan of care
- Learn about the different treatments, their safety and monitoring, both pharmacological and non-pharmacological, and learn how to develop them with patients, family members and in the community environment
- Promote autonomy in the patient's decisions and quality of life in the treatment of pain
- · Help the patient during the process of adaptation and mourning



Theoretical knowledge and practical skills developed during this Hybrid Master's Degree will turn you into an up-to-date and prestigious professional in the field of Nursing"





## Specific Skills

- Identify the different types of pain according to etiology, location and temporality
- Provide knowledge focused on nursing intervention in situations of surgery and acute pain
- Manage the nursing process in the oncologic patient with pain
- Distinguish the different types of non-oncologic pain
- Describe the physiological or biological, behavioral and behavioral methods used to manage pain
- Assess the patient with pain
- Know the most important psychological aspects that influence people with pain and on which the success of any treatment may depend
- Define and know how to manage fear of movement
- Develop skills for the comprehensive assessment of the patient
- Delve in the importance of bioethics in nursing and its implications in pain intervention and pharmacological treatment







## tech 24 | Course Management

#### Management



#### Dr. Cano García, Laura

- Rheumatology Nurse Expert and UCGI Coordinator
- Rheumatology ICU Care Coordinator in the Andalusian Health Service.
- Nurse at the of Malaga Regional University Hospital
- President President of OPEN REUMA
- Doctorate in Health Sciences, University of Malaga
- Master's degree in Health Sciences
- Member of the Spanish Society of Rheumatology and the Working Group on Autoimmune Diseases and Continuity of Care of the Ministry of Health.

#### **Professors**

#### Ms. Domínguez Quesada, Carmen

- Nurse and research studies coordinator
- Nurse at the Virgen Macarena University Hospital
- Nurse at Fisevi
- Nurse at Santa Maria Lisbo Hospital
- Coordinator of research studies at Centro de Reumatologia Avanzada
- Diploma in Nursing from the University of Seville
- \* Master's Degree in Emergency Nurses from the Complutense La University of Madrid.
- Master's Degree in Clinical Trials from the University of Seville

#### Ms. Camarero Gómez, Pilar

- Nurse and podiatrist
- Podiatrist at Clínica Doctor Páez
- Author of various articles and book chapters on Nurses
- Diploma in Podiatry by EU Health Sciences of
- Diploma university in Nursing at EUE Provincial Deputation of Málaga.
- Master's Degree in Clinical Medicine Research from the Miguel Hernández University of Elche

#### Mr. Martín Martín, José María

- Nurse Coordinator at Clínica Parque
- \* Nurse at Nuestra Señora de La Candelaria University Hospital,
- \* Emergency Services Nurse at Gómez Ulla Central Defence Hospital. Madrid
- Nurse at the Concha Castro Nursing Home, Tenerife
- Nurse at the Valle Tabares Juvenile Offenders' Center, Tenerife
- Author of communications for congresses related to Digestive Endoscopy and Rheumatology.

#### Mr. Aguilera Jiménez, Francisco Jesús

- Pediatric ICU Nurse Maternal and Child Hospital
- Nurse in the Pediatric Intensive Care Unit at Quirón Hospital (Madrid).
- Nurse in the Intensive Care Unit of of Malaga Regional University Hospital
- Author of several communications for national and international nursing congresses.
- Master's Degree s Degree in Pharmacotherapy for Nursing from the University of Valencia
- Specialist Pediatrician

#### Ms. Rodríguez Vargas, Ana Isabel

- Nurse from the Rheumatology Clinic of the University Hospital of the Tenerife Islands
- Nursing Care Technician at the Conselleria de Sanitat Universal i Salut Pública, Valencia
- Collaborator of the III SER Workshop on Specialized Nursing in Rheumatology by the Spanish Society of Rheumatology

#### Mr. Cortés Díaz, Fernando David

- Psychologist at the Aspace Andalusia Federation.
- Degree in Psychology from the University of Malaga
- Master's Degree in Human Resources Management
- Course in Relaxation Techniques

#### Mr. Such Sanz, Arturo

- Director of the Centro de Fisioterapia Movimiento y Salud (Movement and Health Physiotherapy Center)
- Secretary of the Spanish Society of Physiotherapy and Pain
- Degree in Physiotherapy from the University of Valencia
- Member of the Spanish Society of Physiotherapy and Pain and the association Fisioterapia sin Red

#### Ms. Al Masshadani Al Masshadani, Noor

- Nurse Postgraduate Diploma in Pain Management
- Nurse at the of Malaga Regional University Hospital
- Clinical Research Nurse at the Biomedical Research Institute of Malaga.
- Degree in Nursing from the University of Malaga
- Postgraduate Diploma in Health Sciences Research
- Postgraduate Diploma in Chronic Patient Carre
- Professional Master'in Pain Management for Nursing





## tech 28 | Educational Plan

#### Module 1. General Pain Concepts for Nursing

- 1.1. Concept of Pain and Its Evolution in Time
- 1.2. Etiology of Pain
  - 1.2.1. Nociceptive Pain
  - 1.2.2. Neuropathic Pain
  - 1.2.3. Psychogenic Pain
- 1.3. Classification
  - 1.3.1. According to Seasonality
  - 1.3.2. According to Intensity
  - 1.3.3. According to Location: Somatic and Visceral
  - 1.3.4. According to Its Course
- 1.4. Neuroanatomy and Neurobiology of Pain
- 1.5. Pathophysiology of Pain
  - 1.5.1. Neurophysiological Processes Involved in Pain
- 1.6. Complementary Tests for the Diagnosis of Pain
  - 1.6.1. Nerve Conduction Velocity Study
    - 1.6.1.1. Electromyography
    - 1.6.1.2. Thermography
    - 1.6.1.3. Brain Evoked Potentials
    - 1.6.1.4. Functional MRI
    - 1.6.1.5. Somatosensory Quantitative Thermal Test
- 1.7. Clinical History and Physical Examination of the Patient with Pain
  - 1.7.1. Medical History
  - 1.7.2. Pain Intensity Rating Scales
- 1.8. Interventional Pain Techniques
  - 1.8.1. Epidural Infiltrations
  - 1.8.2. Intradural Administration of Drugs
    - 1.8.2.1. Radiofrequency
    - 1.8.2.2. Neurolytic Blocks
    - 1.8.2.3. Neurostimulation

- 1.9. Use of Analgesics and Pharmacology
  - 1.9.1. Basic Principles
  - 1.9.2. OMS Ladder and Analgesic Elevator
  - 1.9.3. Drugs: Non-Opioids, Opioids and Adjuvants
- 1.10. Future of Pain Assessment and Treatment
  - 1.10.1. Development of New Analgesic Drugs
  - 1.10.2. Development of Alternative Analgesic Drug Delivery Systems for Infusion Pumps
  - 1.10.3. Gene Therapy for the Treatment of Pain

#### Module 2. Acute and Postoperative Pain for Nursing

- 2.1. Types of Acute Pain
- 2.2. Units of Acute Pain
  - 2.2.1. Infrastructure
  - 2.2.2. Care Models
- 2.3. Nursing Intervention in Acute Pain
  - 2.3.1. Assessment of Acute Pain
  - 2.3.2. Pharmacological Interventions for Acute Pain
  - 2.3.3. Non-Pharmacological Interventions for Acute Pain
- 2.4. Acute Postoperative Pain
  - 2.4.1. Definition
  - 2.4.2. Incidence and Prevalence of Acute Postoperative Pain
  - 2.4.3. Evaluation of Acute Postoperative Pain
- 2.5. Treatment of Postoperative Pain
  - 2.5.1. Prevention of Postoperative Pain
  - 2.5.2. Types of Treatment for Postoperative Pain
  - 2.5.3. Medical Treatment
  - 2.5.4. Non-Pharmacological Treatment
- 2.6. Safety of the Surgical Patient
- 2.7. Postoperative Morbidity
  - 2.7.1. Causes: Pain and Interventionism
  - 2.7.2. Solutions

- 2.8. Surgical Nursing and Pain
  - 2.8.1. Topic Update
  - 2.8.2. Protocols and Interventions Evaluated
- 2.9. Perioperative Nursing in Anxiety and Pain
- 2.10. Latest Trends and Improvements in Acute Pain Management for Nursing
  - 2.10.1. Innovation in Acute Pain
  - 2.10.2. Innovation in Postoperative Pain

#### Module 3. Chronic Oncologic Pain for Nursing

- 3.1. The Oncology Patient and Pain
  - 3.1.1. Pathophysiology
  - 3.1.2. Main Causes of Pain in the Oncology Patient
- 3.2. Types of Pain
  - 3.2.1. Signs and Symptoms
  - 3.2.2. According to Evolution Time
  - 3.2.3. According to Its Pathophysiological Mechanism
  - 3.2.4. According to Etiology
- 3.3. Nursing Assessment and Evolution of Pain
  - 3.3.1. Pain History
  - 3.3.2. Clinical and Psychological Examination
  - 3.3.3. Pain Measurement Scales and Questionnaires
  - 3.3.4. Diagnostic Tests
- 3.4. Procedures and Treatments of the Cancer Patient Causing Pain for Nursing
  - 3.4.1. Chemotherapy
  - 3.4.2. Biological Techniques and Immunotherapy
  - 3.4.3. Hormone Therapy
  - 3.4.4. Radiotherapy
  - 3.4.5. Surgery

- 3.5. Cancer-Related Fatigue
  - 3.5.1. Etiology
  - 3.5.2. Risk Factors
  - 3.5.3. Signs and Symptoms
- 3.6. Medical Treatment
  - 3.6.1. Analgesic Scale
  - 3.6.2. Adjuvant Drugs
  - 3.6.3. Bisphosphonates
  - 3.6.4. Side Effects
  - 3.6.5. Route of Administration
  - 3.6.6. Palliative Care
- 3.7. Invasive or Special Analgesic Techniques
  - 3.7.1. Nerve Blocker
  - 3.7.2. Neurostimulation
  - 3.7.3. Surgical intervention
  - 3.7.4. Radiotherapy
  - 3.7.5. Palliative Chemotherapy
  - 3.7.6. Physical Therapy
  - 3.7.7. Psychological Therapy
- 3.8. Integrative Medicine for Nursing
  - 3.8.1. Massage, Acupuncture
  - 3.8.2. Yoga, Meditation
- 3.9. Identifying Oncologic Emergencies Through Pain
  - 3.9.1. Signs and Symptoms Related to Oncologic Emergencies
- 3.10. Nursing Care Plans
  - 3.10.1. Nursing Assessment
  - 3.10.2. Nursing Diagnosis
  - 3.10.3. NOC/NIC

### tech 30 | Educational Plan

#### Module 4. Chronic Non-Oncologic Pain for Nursing

- 4.1. Introduction
  - 4.1.1. Definition of Chronic Pain
  - 4.1.2. Description of Non-Oncologic Chronic Pain
- 4.2. Epidemiology of Non-Oncologic Chronic Pain
  - 4.2.1. How Many Spaniards Suffer from Pain?
    - 4.2.1.1. Who Suffers the Most Pain?
    - 4.2.1.2. Most Frequent Pain Among Spaniards
    - 4.2.1.3. Consequences of Pain
    - 4.2.1.4. Prevalence of Chronic Pain in Spain
- 4.3. Etiopathogenesis
  - 4.3.1. Nociceptive Pain
  - 4.3.2. Somatic Pain
  - 4.3.3. Visceral Pain
  - 4.3.4. Neuropathic Pain
- 4.4. Neuropathic Pain
  - 4.4.1. Trigeminal Neuralgia
  - 4.4.2. Postherpetic Neuralgia
  - 4.4.3. Diabetic Neuralgia
  - 4.4.4. Ilioinguinal Neuralgia
- 4.5. Phantom Limb Pain
  - 4.5.1. Definition
  - 4.5.2 Clinical Manifestations
  - 4.5.3. Etiology
  - 4.5.4. Recommendations in Nursing
- 4.6. Complex Regional Pain Syndrome
  - 4.6.1. Definition
  - 4.6.2. Prevalence
  - 4.6.3. Causes and Classifications
  - 4.6.4. Triggering Factors
  - 4.6.5. Treatment
  - 4.6.6. Recommendations in Nursing

- 4.7. Central Pain syndrome
  - 4.7.1. Definition
  - 4.7.2. Etiology
  - 4.7.3. Epidemiology
  - 4.7.4. Clinical Manifestations
  - 4.7.5. Treatment
  - 4.7.6. Recommendations in Nursing
- 4.8. Headaches
  - 4.8.1. Types
  - 4.8.2. Diagnosis
  - 4.8.3. Secondary Headaches
  - 4.8.4. Recommendations in Nursing
- 4.9. Other Syndromes
  - 4.9.1. Chronic Pancreatitis
  - 4.9.2. Coccygodynia
  - 4.9.3. Prostatodynia
  - 4.9.4. Vulvodynia
- 4.10. Pain Unit
  - 4.10.1. Nursing Skills
  - 4.10.2. Organization of the Pain Unit
  - 4.10.3. Nursing Team Roles
  - 4.10.4. Nursing Intervention in Certain Techniques

#### Module 5. Pain in Children for Nursing

- 5.1. Basic Concepts of Pain
  - 5.1.1. Concept
  - 5.1.2. Epidemiology
  - 5.1.3. Neurophysiology of Pain
  - 5.1.4. Pain Neuropathology
  - 5.1.5. Influencing Factors
  - 5.1.6. False beliefs

## Educational Plan | 31 tech

- Pain Classification Forms of Expression of Pain According to the Child's Developmental Stages
  - 5.2.1. Types of Pain: Pathophysiologic, Duration, Etiologic, Anatomic
  - 5.2.2. Pain According to the Evolutionary Stages of the Child
  - 5.2.3. Consequences of Pain in Children
- 5.3. Pain Assessment I
  - 5.3.1. Behavioral Methods
  - 5.3.2. Physiological Methods
- 5.4. Pain Assessment II
  - 5.4.1. Self-Assessment Methods: Projective, Structured Interviews, and Scales
- 5.5. Pharmacological Treatment of Pain in Children
- 5.6. Non-pharmacological Treatment of Pain in Children
- 5.7. Pain in Neonates
- 5.8. Pain in Children with Cancer
- 5.9. Pain in Hospitalized Children Related to Techniques
- 5.10. Pain in Children Undergoing Intensive Care

#### Module 6. Musculoskeletal Pain for Nursing

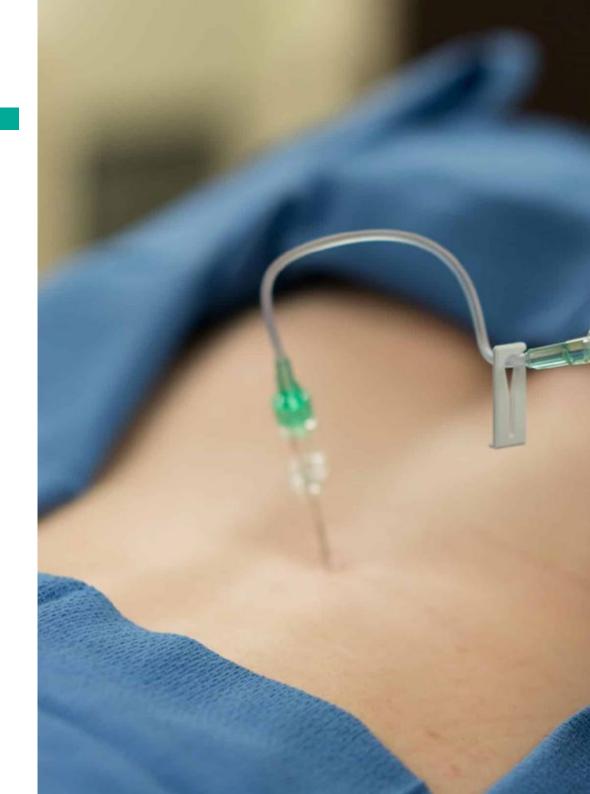
- 6.1. Introduction and Concepts
  - 6.1.1. Concept of Musculoskeletal Pain
  - 6.1.2. Epidemiology and Impact of the Processes
  - 6.1.3. Pathophysiology
  - 6.1.4. Clinical Characteristics
  - 6.1.5. Classification
- 6.2. Nurse Assessment of Pain
  - 6.2.1. Verbal Assessment Methods
  - 6.2.2. Behavioral Assessments
  - 6.2.3. Physiological Measurements
- 6.3. Inflammatory Pain
  - 6.3.1. Features
  - 6.3.2. Epidemiology
  - 6.3.3. Inflammatory Arthropathies

- 6.4. Mechanical Pain
  - 6.4.1. Features
  - 6.4.2. Epidemiology
  - 6.4.3. Degenerative Arthropathies
  - 6.4.4. Soft Tissue Alteration
- 6.5. Musculoskeletal Pain in Bone Diseases
  - 6.5.1. Characteristics of Bone Diseases
  - 6.5.2. Epidemiology
  - 6.5.3. Pain in Osteoporosis
  - 6.5.4. Pain in Paget's Disease
  - 6.5.5. Osteoarticular Pain
- 6.6. Musculoskeletal Pain Due to Metabolic and Endocrine Disorders
  - 6.6.1. Definition of Metabolic and Endocrine Disorders
  - 6.6.2. Epidemiology
  - 6.6.3. Classification
  - 6.6.4. Pain Due to Metabolic and Endocrine Disorders
- 6.7. Muscular Pain
  - 6.7.1. Introduction
  - 6.7.1. Features
  - 6.7.2. Epidemiology
  - 6.7.3. Myofascial Pain
  - 6.7.4. Fibromyalgia
- 6.8. Musculoskeletal Pain in Connective Tissue Diseases
  - 6.8.1. Definition in Connective Tissue Diseases
  - 6.8.2. Epidemiology
  - 6.8.3. Classification
  - 6.8.4. Pain in Connective Tissue Diseases
- 6.9. Treatment of Musculoskeletal Pain
  - 6.9.1. Oral Treatment
  - 6.9.2. Topical treatment
  - 6.9.3. Nerve Blocks and Infiltration Techniques
  - 6.9.4. Radiofrequency Techniques
  - 6.9.5. Neuromodulation Techniques
- 6.10. Roles of the Nurse in the Management of the Patient with Musculoskeletal Pain

## tech 32 | Educational Plan

#### Module 7. Psychological Approach to Pain for Nursing

- 7.1. Communication with the Patient (Nursing Perspective)
  - 7.1.1. Importance of Good Communication with the Patient
  - 7.1.2. Types of Communication
  - 7.1.3. Improving Communication
- 7.2. Psychological Aspects of Pain, Psychological Problems
  - 7.2.1. Anxiety
  - 7.2.2. Depression
  - 7.2.3. Insomnia
  - 7.2.4. Low self-esteem
- 7.3. Psychological Aspects of Pain, Personal Relationship Problems
  - 7.3.1. With Family
  - 7.3.2. With the Partner
  - 7.3.3. Sexuality
  - 7.3.4. Voluntary Isolation
- 7.4. Psychological Aspects of Pain
  - 7.4.1. Quality of Life: Decrease in Physical Activity, Lack of Independence, Decrease in Leisure & Entertainment
  - 7.4.2. Economic Problems: Sick Leave, Health Care Costs, Disability, etc
- 7.5. Coping with Pain: Relaxation
  - 7.5.1. Types of Relaxation
  - 7.5.2. Relaxation Training
- 7.6. Coping with Pain: Cognitive Behavioral Treatment I
- 7.7. Coping with Pain: Cognitive Behavioral Treatment II
- 7.8. Coping with Pain: Clinical Hypnosis
- 7.9. Coping with Pain I
  - 7.9.1. Biofeedback
  - 7.9.2. Acceptance and Commitment Therapy
  - 7.9.3. Emotional Writing
- 7.10. Coping with Pain II
  - 7.10.1. Mindfulness
  - 7.10.2. New Technologies





#### Module 8. Pain Management through Rehabilitation and Physical Activity for Nursing

- 8.1. Introduction to Pain
  - 8.1.1. Introduction to Pain
  - Definition of Pain
  - 8.1.3. Pain Models
  - Clinical Implications in Each Model
- Introduction to Clinical Reasoning
  - 8.2.1. Definition of Clinical Reasoning
  - Clinical Reasoning Models
  - Hypothesis Categories
- Pathobiological Mechanisms of Pain
  - 8.3.1. Mature Organism Model
  - Input: Nociceptive Pain 8.3.2.
  - Inflammatory Pain

  - Peripheral Neuropathic Pain 8.3.4.
  - Processing: Maladaptive Pain
  - Output: Organism Response 8.3.6.
- Nociceptive Pain
  - 8.4.1. Clinical Characteristics
  - 8.4.2. Characteristics of the Tissues
  - 8.4.3. Healing Ability
  - Basic Treatment Principles
  - 8.4.5. Clinical Implications
- Neuropathic Pain
  - 8.5.1. Clinical Features: Negative Signs vs. Positive Symptoms
  - 8.5.2. Physiology of Nerve Injury
    - 8.5.2.1. Prognosis
    - 8.5.2.2. Treatment Principles

## tech 34 | Educational Plan

8.6. Complex Chronic Pain

	8.6.1.	Clinical Characteristics		
	8.6.2.	Pain Identifiers		
	8.6.3.	Theories of Complex Chronic Pain		
	8.6.4.	Specificity vs Peripheral Pattern		
	8.6.5.	Neuromatrix Theory		
	8.6.6.	Relevance Theory		
	8.6.7.	Dynamic Connectome Theory		
8.7.	Risk Factors for Chronicity			
	8.7.1.	Psychosocial Factors		
	8.7.2.	Social and Cultural Factors		
8.8.	Fear of Movement			
	8.8.1.	Fear-Avoidance Model		
8.9.	Treatment			
	8.9.1.	Manual Therapy		
	8.9.2.	Educational		
	8.9.3.	Exercise		
8.10.	Treatment of Complex Chronic Pain			
	8.10.1.	Pain Education		
	8.10.2.	Gradual Exposure to Movement		
	8.10.3.	Behavioral Changes		
Mod	ule 9. N	Jurse Assessment and Intervention in Pain		
9.1.	Standar	dized Nursing Assessment		
	9.1.1.	Assessment as a Phase of Nursing Methodology		
	9.1.2.	The Nursing Assessment Process		
	9.1.3.	Assessment According to Functional Patterns of Health		
	9.1.4.	Assessment According to Basic Human Needs		
9.2.	The Importance of Pain Assessment: The Fifth Sense			
	9.2.1.	Pain as a Multidimensional Experience		
	9.2.2.	Nursing Knowledge and Beliefs About Pain		
	9.2.3.	Barriers to Good Pain Management		

9.3.	Localized Pain Assessment Protocol			
	9.3.1.	Medical History		
	9.3.2.	Medical and Surgical Background		
	9.3.3.	Family and Social Background		
	9.3.4.	Psychiatric Background		
	9.3.5.	History of Pain		
	9.3.6.	Physical Examination		
	9.3.7.	Explore Knowledge and Beliefs about Pain		
	9.3.8.	Pain Reassessment		
9.4.	Pain Assessment Scales I: One-Dimensional and Multidimensional Scales			
	9.4.1.	One-dimensional Scales		
	9.4.2.	Multidimensional Scales		
9.5.	Pain Assessment Scales II: Special Situations			
	9.5.1.	For Patients Unable to Speak		
	9.5.2.	For Patients with Dementia		
9.6.	Comprehensive Assessment of Human Responses to Pain			
	9.6.1.	Breathing		
	9.6.2.	Feeding		
	9.6.3.	Elimination		
	9.6.4.	Mobilization		
	9.6.5.	Rest and Sleep		
	9.6.6.	Getting Dressed and Undressed		
	9.6.7.	Temperature		
	9.6.8.	Hygiene and Skin Condition		
	9.6.9.	Security/Safety		
	9.6.10.	Communication/Relationship		
	9.6.11.	Beliefs/Religion		
	9.6.12.	Learning		
	9.6.13.	Self-realization		
	9.6.14.	Leisure		
9.7.	Nursino	Nursing Care Plan for Pain I		

9.8. Nursing Care Plan for Pain II

- 9.9. Non-Pharmacological Management of Pain
  - 9.9.1. Physical Measurements
  - 9.9.2. Environmental Measurements
  - 9.9.3. Measures for the Promotion of Psychological Comfort
  - 9.9.4. Measures to Aid Coping
- 9.10. Health Education for Patients and Their Family
  - 9.10.1. Individual Therapy
  - 9.10.2. Group
  - 9.10.3. Pharmacy

#### Module 10. Epidemiology and Public Health for Nursing

- 10.1. The Concept of Public Health
  - 10.1.1. Definition of Public Health
  - 10.1.2. Acute Pain and Public Health
  - 10.1.3. Chronic Pain and Public Health
  - 10.1.4. Oncologic Pain and Public Health
- 10.2. Health Politics Regarding Pain
  - 10.2.1. Plan for the Improvement of Pain Care in the Spanish National Health System
- 10.3. Demographics of Pain
- 10.4. Gender and Pain
  - 10.4.1. Women and Chronic Pain
  - 10.4.2. Social Impact of Pain in Women
  - 10.4.3. Women and Chronic Disease
- 10.5. Social and Labor Impact of Pain in Spain
  - 10.5.1. Studies of the Social and Occupational Impact of Pain in Spain
  - 10.5.2. Disability and Pain
- 10.6. Epidemiology of Cancer Pain
  - 10.6.1. Current Epidemiology of Oncological Pain
  - 10.6.2. Social and Economic Consequences
- 10.7. Sexuality in People with Chronic Pain
  - 10.7.1. Current Epidemiology of Chronic Pain
  - 10.7.2. Social and Economic Consequences

- 10.8. Epidemiology of Acute Pain
  - 10.8.1. Current Epidemiology of Acute Pain
  - 10.8.2. Social and Economic Consequences
- 10.9. Bioethics of Pain
  - 10.9.1. Bioethics General concepts
  - 10.9.2. Bioethics and Chronic Pain
  - 10.9.3. Bioethical Implications in Pain Management
- 10.10. Health promotion
  - 10.10.1. Community Health Promotion
  - 10.10.2. Hospital Measures to Promote Health in Chronic Patients
  - 10.10.3. Associative Movement and Health Promotion



Relearning, a didactic method created and applied by TECH, it will allow you to consolidate theoretical concepts in a faster and more flexible way"

# 07 Clinical Internship

The second half of this program is the ideal time to consolidate what has been learned in the theoretical and online phase. Based on a rigorous, intensive and face-to-face clinical practice, the professional will apply the most up-to-date knowledge in the management of real patients.



# tech 38 | Clinical Internship

The practical training period corresponding to this Hybrid Master's Degree will have an extension of 120 educational hours, distributed in days from Monday to Friday, to complete 3 weeks. During this time, the nurses will handle the most advanced technological equipment in relation to Pain Management and the role of their profession when applying each of them for the benefit of patients.

On the other hand, the learning process will be guided at all times by an assistant tutor, appointed by TECH. This educational figure will be in charge of including the graduate in the most diverse assistance dynamics related to their area of competence. You will also have the opportunity to discuss specific protocols and procedures with other experts in the health unit where your knowledge will be updated in person.

The practical teaching will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of the professors and other training partners that facilitate teamwork and multidisciplinary integration as transversal competencies for nursing praxis (learning to be and learning to relate).





# Clinical Internship | 39 tech

The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:

Module	Practical Activity
Nursing trends during the development of complementary tests for the diagnosis of Pain	Accompany the physician and the patient during the development of Electromyography to collect specific results
	Participate in the development of Thermography exams.
	Agglutinate the results obtained through diagnostic tests, such as brain evoked potentials such as cerebral evoked potentials, functional MN, among others, to build a solid clinical history of the patient with pain.
Nursing Action Physical Examination of the Patient with Pain	Apply the Pain Intensity Rating Scales to provide objective data to the physician.
	Review the patient's medical history and current medication intake.
	Objectively evaluate the communication and behavior of the patient who claims to suffer acute pain.
Interventional Pain Techniques from a Nursing Perspective	Assisting the health care providers during complex epidural infiltration procedures.
	To enable the intraoperative and ambulatory conditions, as well as the corresponding instruments to carry out gene therapies for the treatment of pain.
	Collaborate in the operating room, assisting the physician, in operations to insert alternative analgesic drug delivery systems to infusion pumps.
	Support specialists during the exercise of treatments such as neurostimulation and neurolytic blocks.
	Coordinate individualized care plans for each patient in conjunction with the physician and the physical therapist.
Nurse's performance in terms of pharmacological techniques to deal with pain.	Administer the analgesics previously indicated by the physicians.
	Review possible adverse reactions in patients
	Maintaining patient safety during drug absorption
	To prevent preoperative and postoperative pain in oncological patients through the scales of measures corresponding to nursing.



# **Civil Liability Insurance**

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for trainees shall have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



# **General Conditions of the Internship Program**

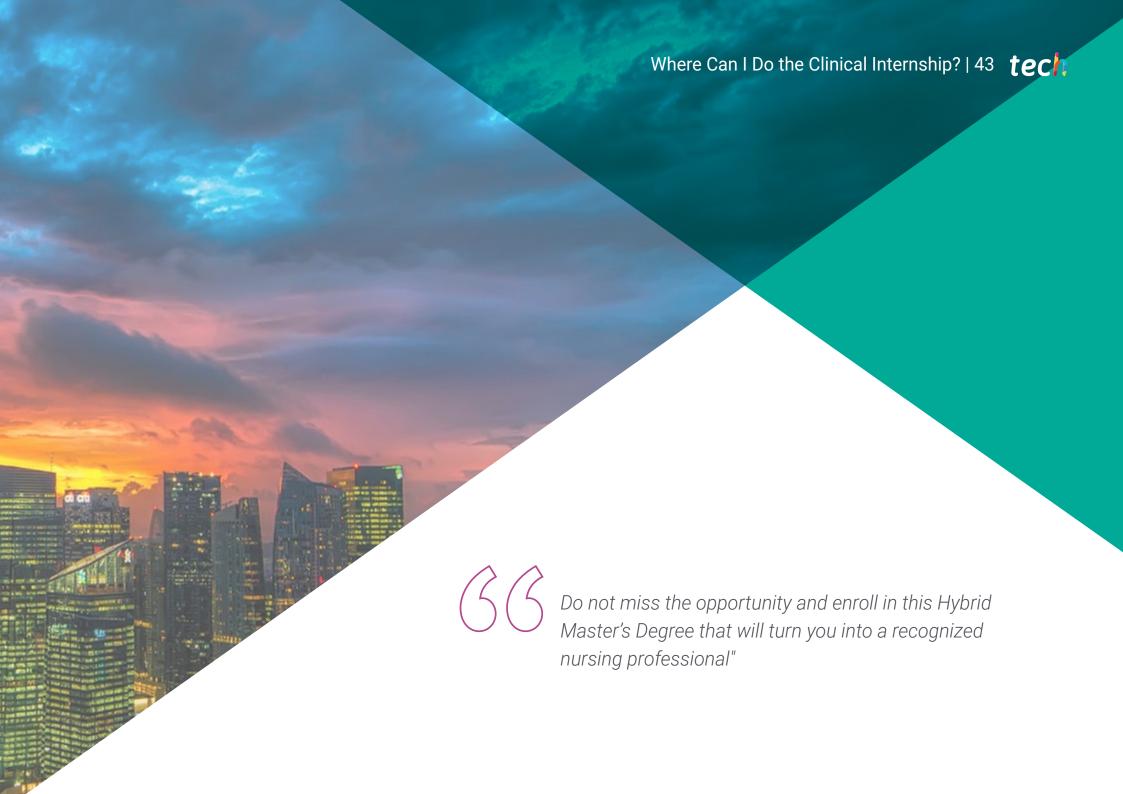
The general terms and conditions of the internship agreement for the program are as follows:

- 1. TUTOR: During the Hybrid Master's Degree, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.
- **2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.
- 3. ABSENCE: If the students does not show up on the start date of the Hybrid Master's Degree, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

- **4. CERTIFICATION**: Professionals who pass the Hybrid Master's Degree will receive a certificate accrediting their stay at the center.
- **5. EMPLOYMENT RELATIONSHIP:** The Hybrid Master's Degree shall not constitute an employment relationship of any kind.
- **6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Hybrid Master's Degree. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.
- 7. DOES NOT INCLUDE: The Hybrid Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.





# tech 44 | Where Can I Do the Clinical Internship?

The student will be able to complete the practical part of this Hybrid Master's Degree at the following centers:



#### Hospital HM Modelo

Country City
Spain La Coruña

Management: Rúa Virrey Osorio, 30, 15011, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Anaesthesiology and Resuscitation - Palliative Care



#### **Hospital HM Nou Delfos**

Country City
Spain Barcelona

Management: Avinguda de Vallcarca, 151, 08023 Barcelona

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Aesthetic Medicine
- Clinical Nutrition in Medicine



#### **Hospital HM Madrid**

Country City Spain Madrid

Management: Pl. del Conde del Valle de Súchil, 16, 28015. Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Palliative Care - Anaesthesiology and Resuscitation



#### Hospital HM Montepríncipe

Country City
Spain Madrid

Management: Av. de Montepríncipe, 25, 28660, Boadilla del Monte, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Palliative Care - Aesthetic Medicine



## **Hospital HM Torrelodones**

Country City
Spain Madrid

Management: Av. Castillo Olivares, s/n, 28250, Torrelodones, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Anaesthesiology and Resuscitation - Palliative Care



## **Hospital HM Sanchinarro**

Country City
Spain Madrid

Management: Calle de Oña, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

Anaesthesiology and Resuscitation
 Palliative Care



## Hospital HM Nuevo Belén

Country City
Spain Madrid

Management: Calle José Silva, 7, 28043, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- General and Digestive System Surgery - Clinical Nutrition in Medicine



### Hospital HM Puerta del Sur

Country City
Spain Madrid

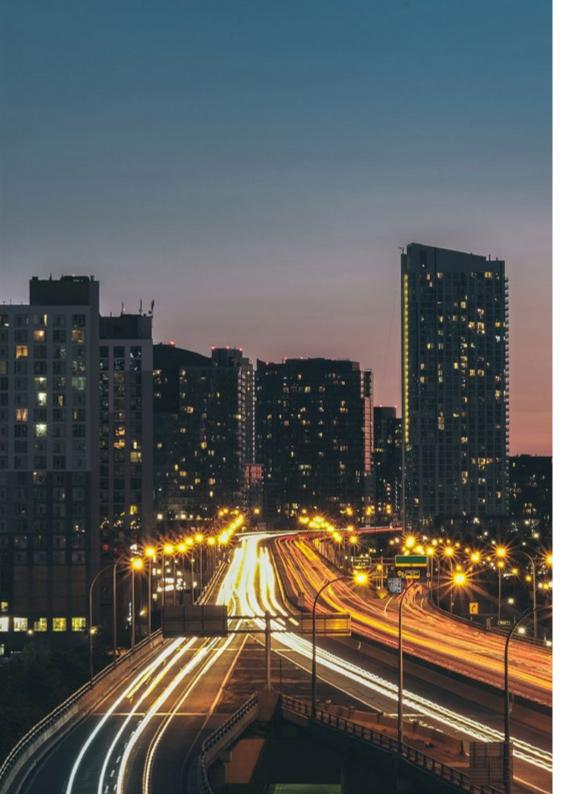
Management: Av. Carlos V, 70, 28938, Móstoles, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Palliative Care

- Clinical Ophthalmology



# Where Can I Do the Clinical Internship? | 45 tech



## Policlínico HM Arapiles

Country City
Spain Madrid

Management: C. de Arapiles, 8, 28015, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

#### Related internship programs:

- Anaesthesiology and Resuscitation - Pediatric Dentistry



## Clínica Virgen del Camino

Country City
Spain Madrid

Management: Paseo de las Delicias, 150, 28045 Madrid

La Virgen del Camino Clinic, 45 years of health care

#### Related internship programs:

Occupational Nursing
- Diagnosis in Physiotherapy



## Klinik PM

Country City
Spain Alicante

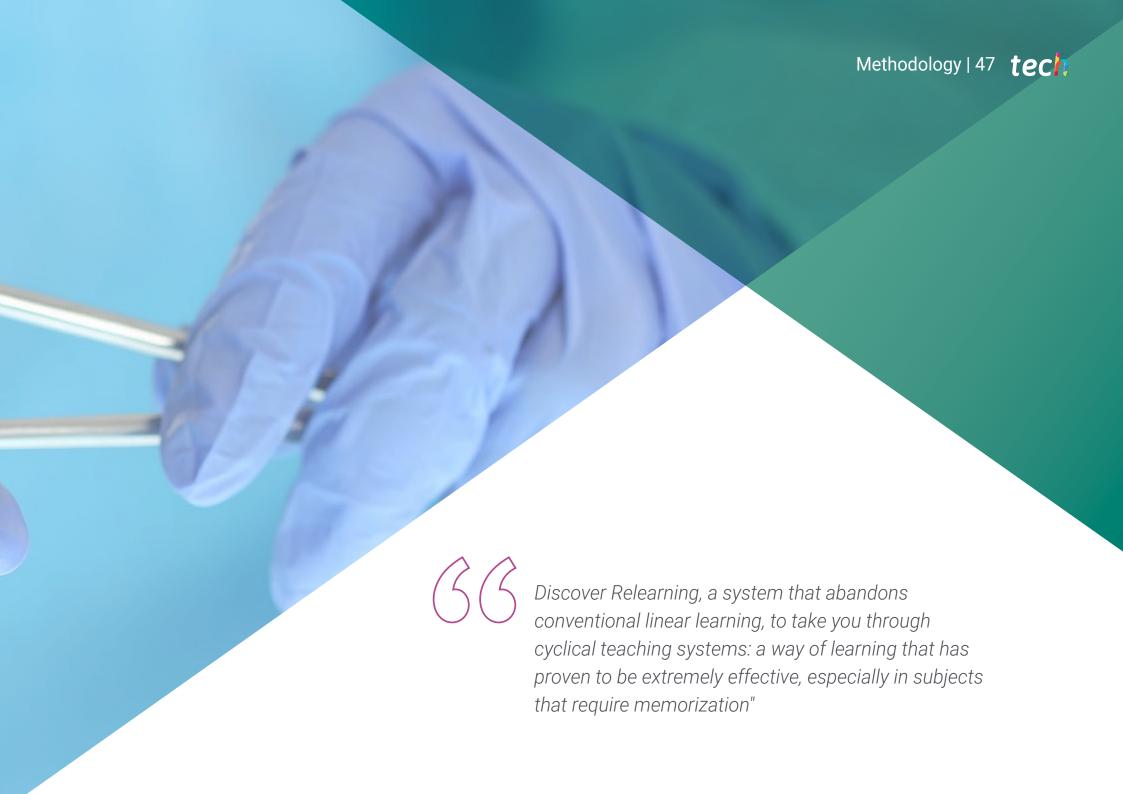
Management: C. del Alcalde Alfonso de Rojas, 8, 03004 Alicante

The largest referral clinic in pain treatment and conservative traumatology.

#### Related internship programs:

- Diagnosis in Physiotherapy Sports Physiotherapy



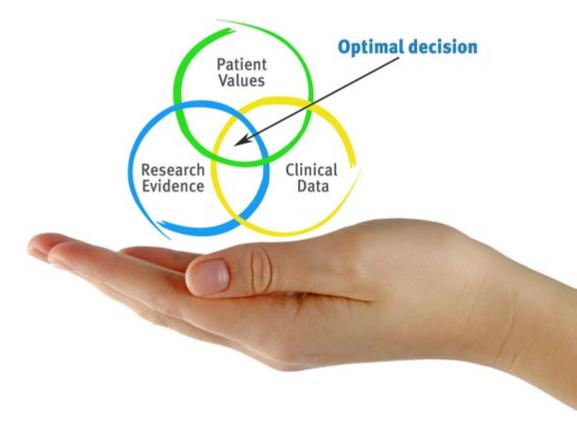


# tech 48 | Methodology

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.



Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method"

## The effectiveness of the method is justified by four fundamental achievements:

- Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
- 2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
- 3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
- 4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.





## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.

The nurse will learn through real cases and by solving complex situations in simulated learning environments.

These simulations are developed using state-of-the-art software to facilitate immersive learning.



# Methodology | 51 tech

At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.

This program offers the best educational material, prepared with professionals in mind:



#### **Study Material**

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



## **Nursing Techniques and Procedures on Video**

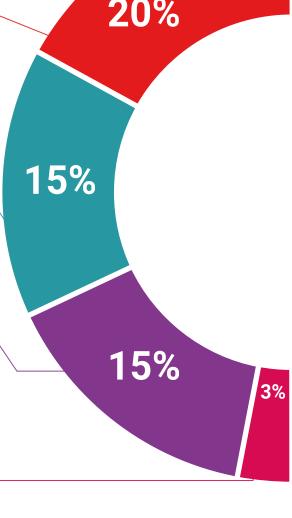
We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



#### **Interactive Summaries**

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".





## **Additional Reading**

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.



# **Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

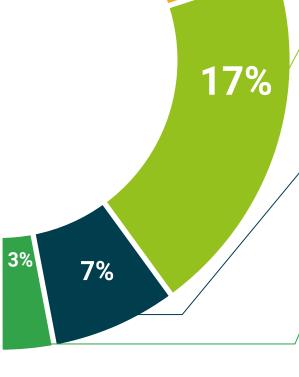
Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### **Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.





20%





# tech 56 | Certificate

This private qualification will allow you to obtain a **Hybrid Master's Degree in Pain Management for Nursing** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University**, is an official European University publicly recognized by the Government of Andorra (official bulletin). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification, is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: Hybrid Master's Degree in Pain Management for Nursing

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

Accreditation: 60 + 4 ECTS





<sup>\*</sup>Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning



# Hybrid Master's Degree

# Pain Management for Nursing

- » Modality: Hybrid (Online + Clinical Internship)
- » Duration: 12 months
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