

A Practical Guide to Effective

Nurse Prescribing for Pain

For Current and Aspiring Nurse Prescribers

Friday 6 March 2020 West One De Vere Conference Centre, London

10% card payments discount*
15% group booking discount**



Chair and Speakers Include:

Sharon Kitcatt

*Deputy Module Leader for
Non-Medical Prescribing
Kings College London
Vice Chair
South Thames Acute Pain Group*

Claire Callaghan

*Senior Lecturer in
Advanced Nursing Practice
University of Cumbria*

Dr Paul Cameron

*Vice Chair
European Pain Federation
Advocacy Committee, Brussels*

Prescriber



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"Treatment of pain is a fundamental human right yet sadly, there is an enormous gap between the care people require and what happens in practice." British Pain Society

"Pain is the most common reason that people attend their GP and affects 1 in 4 people." British Pain Society 2019

"43.5% of the UK population experience chronic pain." British Pain Society

"In 2018, more than two thirds (65%) of respondents said they had been in pain during their stay.. Of those who said they had been in pain, 67% thought that the staff "definitely" did everything they could to control it."

2018 Adult Inpatient Survey published July 2019, Care Quality Commission

"A third (33%) did not think hospital staff were doing everything they could to control their pain."

The Guardian 2019

This important national conference provides an essential update for current and aspiring nurse prescribers on prescribing for pain. Pain is a growing area of nurse prescribing and one of the most common areas, in a survey of the Association for Prescribers members 50% of members prescribed for pain (Karen Stenner, University of Surrey). This makes it essential that nurse prescribers maintain the competence and skills to prescribe for pain in an effective way, working with patients to improve pain outcomes both in the inpatient setting and the community.

The conference will also discuss the role of the Prescribing Competency Framework in supporting non medical pain prescribing standard:

"The requirements of the competency framework will be the standards we consider safe and effective prescribing practice for all prescribers on our register... Prescribers on our register should refer to the competency framework and other relevant sources of information and guidance to inform their ongoing prescribing practice." NMC 2019

Through national updates and extended interactive practical case studies delegates will hear how to develop and maintain prescribing competence, and how to develop effectiveness in post qualification practice.

This conference will enable you to:

- Network with colleagues who are working to improving non medical prescribing for pain
- Learn from outstanding practice in management of pain
- Reflect on Pain management and some of its many facets through case presentation
- Develop your skills in pain assessment
- Understanding how outcome scales and measures can improve your service
- Learn how to use the National Prescribing Competency Framework as proposed by the NMC
- Understand how to effectively develop, demonstrate and maintain continued competence in Prescribing for Pain
- Reflect on lessons from experts in non medical prescribing for specific case study areas with in depth interactive sessions focusing on Pain and opioids: approaches to minimise risks, Chronic Pain, Inpatient Pain, Pain in the Older Person, Cancer and End of Life Care Pain including Symptom Control
- Working with patients with co-morbidity
- Identify key strategies for improving non medical prescribing practice for pain
- Develop your role and confidence as a non medical prescriber
- Self assess, reflect and expand your skills in prescribing practice whilst understanding your limits of practice

100% of delegates at our previous conference on this subject would recommend it to a colleague

**10.00 Chair's Welcome and Introduction:
Nurse prescribing for pain – Update – Where are we now?**

Sharon Kitcatt

*Deputy Module Leader for Non-Medical Prescribing Kings College London
Vice Chair South Thames Acute Pain Group*

10.40 EXTENDED SESSION: Maintaining, demonstrating and improving prescribing competence for pain

Claire Callaghan

*Senior Lecturer in Advanced Nursing Practice
University of Cumbria*

- what does good prescribing look like?
- using the National Competency Framework for Prescribers as endorsed by the NMC
- the new competency framework for designated prescribing practitioners
- supporting governance and accountability
- the National Prescribing Competency Framework in supporting non medical prescribing for pain as proposed by the NMC
- understanding individual limitations of prescribing practice
- prescribing for pain in comorbid conditions with polypharmacy
- self assessment of your prescribing practice
- prescribing controlled drugs
- understanding drug interactions and comorbidity

11.20 Question and answers, followed by tea & coffee at 11.30

Extended Interactive Sessions & Case studies in practice

11.50 EXTENDED SESSION: Pain management and some of its many facets through case study presentation

Inge Bateman

*Lead Clinical Nurse Specialist In-patient Pain Service
Western Sussex Hospitals NHS Foundation Trust
& External Reference Group Member
The National Prescribing Competency Framework*

- comprehensive pain assessment
- treatment decisions in a modern NHS

12.30 Outcome Measures used by Pain Services

Dr Paul Cameron

*Head of Service & Clinical Lead, NHS Fife Pain Management Service
Specialty Advisor to Chief Medical Officer, Scottish Government
and Vice Chair, European Pain Federation Advocacy Committee, Brussels*

- understanding how outcome scales and measures can improve your service
- outcome scales appropriate to pain management
- outcome measures and non medical prescribing for pain

13.00 Question and answers, followed by lunch at 13.10

14.00 EXTENDED SESSION: Pain and opioids: approaches to minimise risks

Christine Waters

Lead Clinical Nurse Specialist for Professional Development

with Claire Ross

*Senior Clinical Nurse Specialist
West Suffolk Integrated Pain Management Services
Suffolk GP Federation/West Suffolk NHS Trust Alliance*

- Lesson learnt from the US opioid epidemic
- Shared decision making: understanding the risks and benefits of opioids
- Non pharmacological approaches: how can a NMP promote and support self management within a consultation?
- Opioids Aware on line resource and key messages
- Safety and opioids: what does a patient need to know?
- Prescription opioids: recognising risk factors
- Pain management: keeping your knowledge up to date, accessing education, training and resources
- Opioid prescribing and deprescribing: sharing and learning from good practice

14.40 EXTENDED SESSION: Nurse prescribing for cancer pain and end of life care including symptom control

Fiona Dorrington

*Macmillan Principal Pharmacist, Palliative Care
Frimley Health NHS Trust and Thames Hospice*

- management of malignant pain
- symptom control at the end of life
- prescribing off licence
- resources to support prescribing in palliative care

15.20 Nurse prescribing for in-patient pain

Denise McGarvey

*Lead Nurse, Pain Services
Royal Free Hospital*

- nurse prescribing for in-patient pain: the practicalities
- improving nurse prescribing practice on the wards
- non medical prescribing as part of the ward round
- developing advanced roles around nurse prescribing
- coaching and mentoring for current and aspiring nurse prescribers

15.50 Question and answers, followed by tea & coffee at 16.00

16.10 Managing pain in the older person

Linda Nazarko OBE

*Consultant Nurse, Physical Healthcare
West London NHS Trust*

- considering the effects of aging and comorbidities
- considering drug interactions
- working with the older person to identify and manage side effects
- working to improve concordance
- interactive discussion

16.40 Prescribing for Chronic Pain – What to do when the drugs don't work

Kelly Warfield

*Lead Pain Management Nurse
Luton & Dunstable NHS Foundation Trust*

- prescribing for chronic pain
- ensuring a whole person approach and shared decision making
- tips and advice for nurse prescribers for chronic pain
- interactive discussion

17.10 Question and answers, followed by close

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For more information contact Healthcare Conferences UK on **01932 429933** or email jayne@hc-uk.org.uk

Venue

West One De Vere, 9-10 Portland Place, London, W1B 1PR.
A map of the venue will be sent with confirmation of your booking.

Date Friday 6 March 2020

Conference Fee

- ☐ £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
☐ £300 + VAT (£360.00) for voluntary sector / charities.
☐ £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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