



Advanced Pain Assessment and Management

COURSE SYLLABUS (APAM)

2026

Course Educator:

Cathy Kiteley, APN, RN, MScN, CON(C), CHPCN(C)

Course Format: eLearning

Contact Information and Technical Support: support@desouzainstitute.com

Registration: Required

Table of Contents

A.	COURSE DESCRIPTION	3
B.	de Souza DESIGNATION CREDITS	3
C.	COURSE OBJECTIVES	3
D.	MODES OF LEARNING	3
E.	MODES OF EVALUATION.....	4
F.	EXPECTATIONS FOR PARTICIPANTS	5
G.	COURSE TIMELINE.....	5
H.	COURSE EDUCATOR	6
I.	EDUCATOR’S AVAILABILITY	6
J.	VIRTUAL LIBRARY	7
K.	TECHNICAL SUPPORT	7
L.	POLICIES AND PROCEDURES	7
M.	COURSE GRADING RUBRIC.....	8
	Appendix A: Discussion Forum Grading Rubric.....	9

A. COURSE DESCRIPTION

This course will focus on the fundamental principles of cancer pain assessment and management. It includes modules on the pathophysiology of cancer pain, cancer pain assessment, cancer pain syndromes, pharmacological and non-pharmacological management of pain, and patient education. The overall goal of this course is to enhance your knowledge, skill and judgment at an advanced level.

B. de Souza DESIGNATION CREDITS

Domain of Practice Treatment and Delivery of Evidence Based Care

Learning Hours 24 hours

de Souza Credit 0.5 credit

C. COURSE OBJECTIVES

By the end of this course, you will be able to:

- Explain cancer pain etiology and pathophysiology.
- Use evidence-based pain assessment tools and management strategies.
- Recognize the impact of pain on physical, psychological, emotional, spiritual and functional aspects of individual's and family's lives.
- Provide support and interventions to address the multi-dimensional impact of pain.
- Explain the selection of analgesic medications based on the WHO ladder and the effective use of opioids and co-analgesics.
- Demonstrate knowledge of non-pharmacological interventions in managing cancer pain.
- Describe the management of intractable pain.

D. MODES OF LEARNING

The eLearning environment fosters a self-directed approach. You can progress through the modules and exercises at a convenient time, at home or work. The course timeline (*page 5*) outlines your required eLearning work each week. You can choose to complete the required readings and modules ahead of the course timeline, but you must participate in each weekly collaboration forum within the assigned week (*refer to timeline- page 5*).

Your **eLearning** work will include:

- Required readings.
- Weekly modules with application exercises.
- *Weekly Collaboration Forum*.
- An Opioid Calculation Quiz.
- A final case study assignment

Study Guides Fillable PDF study guides are provided for course sections. You can fill in and print the guides as you progress through the course modules. Completion of the study guides is not mandatory, but can be a resource to support you.

E. MODES OF EVALUATION

As part of the evaluation process, we would like you to complete the following:

- **Participant Baseline Survey:** This survey assesses your knowledge, attitude, and confidence levels before you begin the course.
- **eLearning modules & required readings:** You must complete all course modules and required readings.
- **Collaboration Forum questions:** You will demonstrate your learning through the weekly collaboration forum discussions.
- **Opioid Calculation Quiz:** This quiz will test your ability to calculate opioid conversion and rotation using an equianalgesic table.
- **Case Study Assignment:** This course includes a final case study assignment, to be submitted in week 8. There are three case studies available for you to choose from. You are asked to pick **ONLY ONE** of the cases and answer four questions that follow.
- **Course Evaluation:** At the end of the course, you will be required to complete a post course evaluation. The course evaluation is available in the eLearning Centre.

Online Collaboration Forums

The weekly Collaboration Forums provide you with the opportunity to share ideas and clarify your understanding of course content and readings.

Each discussion forum will function the same way. You will post your answers to each of the weekly questions and respond to two of your colleagues' posts. Your postings will be graded. In order to pass the discussion forum, you must obtain a minimum of 11 out of 15 for each discussion week. Refer to **Appendix A: Discussion Forum Grading Rubric** on page 9.

Although your posting should fully articulate your thoughts on a given topic, it should also be concise. Keep your posting fewer than 400 words. Try to avoid repetitive messages like "I agree with your posting" unless you are following with additional information, new ideas, or issues. Do not be afraid to disagree with your instructor or peers as long as you phrase your thoughts respectfully. The idea is to stimulate a thoughtful dialogue, so we all need to take responsibility to contribute to the discussion.

Case Study Assignment

The final assignment makes up 30% of your total grade. Week 8 is reserved for your assignment completion and submission; however, you could start to prepare for it earlier as you progress through the course. The assignment involves answering 4 questions related to a clinical case. The case has been developed to enable you to review and apply the course content to clinical scenarios. **You must obtain a minimum of 22.5/30 (75%) grade to pass the assignment.** Refer to page 8 for details of grading rubric.

Your course activity completion will be reflected in your “grade book”. When you have met the all the above requirements, you will receive **24** learning hours, **0.5** de Souza credits towards obtaining your de Souza designation. A downloadable certificate of completion will be available via your “My Account” two weeks after the closing of the online course.

F. EXPECTATIONS FOR PARTICIPANTS

To be successful in completing this course, you are encouraged to set aside at least **3 hours each week** to complete coursework. The total learning hours for this course is **24 hours**. Your course activity completion will be reflected in your **grade book**. You are expected to complete all sections through the de Souza Institute eLearning system.

If you are experiencing difficulty completing this course in a timely way, please review de Souza policies in section L and contact support@desouzainstitute.com.

G. COURSE TIMELINE

Week 1	<ul style="list-style-type: none"> • Learning agreement • Baseline survey • Participant Introductions Forum • Module 01: Pathophysiology of Cancer Pain • Section 01: Collaboration Forum
Week 2	<ul style="list-style-type: none"> • Module 02: The Assessment of Cancer Pain • Section 02: Collaboration Forum
Week 3	<ul style="list-style-type: none"> • Module 03: Cancer Pain Syndromes • Section 03: Collaboration Forum

Week 4	<ul style="list-style-type: none"> • Module 04: Pharmacological Management of Pain • Opioid Calculation Forum • Opioid Calculations Quiz • Practice Questions: Calculating Breakthrough Doses
Week 5	<ul style="list-style-type: none"> • Module 05a: Management of Neuropathic Pain and Bone Pain • Module 05b: Universal Precautions and Opioid Risk • Section 05: Collaboration Forum
Week 6	<ul style="list-style-type: none"> • Module 06: Management of Intractable Pain • Section 06: Collaboration Forum
Week 7	<ul style="list-style-type: none"> • Module 07: Non-pharmacological Interventions & Patient Education • Section 07: Collaboration Forum
Week 8	<ul style="list-style-type: none"> • Submission of case study
	Post course evaluation is open on Monday of week 9

H. COURSE EDUCATOR

[Cathy Kiteley, APN, RN, MScN, CON\(C\), CHPCN\(C\)](#)

I. EDUCATOR'S AVAILABILITY

The facilitator for this course will be responsible for answering questions related to the course content, guiding online discussion, leading video conferencing sessions, and be available for questions from participants throughout the course. If you have questions about the course or are having difficulty with the course content, contact support@desouzainstitute.com and include the course name "Course Name" in the subject line. You can expect (Educator name) (course educator/course facilitator), or another educator to respond to your questions within 24 hours during the week and within 48 hours (about 2 days) on the weekend.

J. VIRTUAL LIBRARY

de Souza Institute has a virtual library that you can access 24 hours a day using your de Souza Institute login and password. There are 1500 e-Journals, 200 e-books and 8 on-line databases (e.g., CINAHL, Ovid-Medline) you can access to get the additional reading materials for your course.

The direct link is: <https://library.desouzainstitute.com/login>.

K. TECHNICAL SUPPORT

eLearning Centre Orientation

The eLearning Centre Orientation [Course: eLearning Centre Orientation \(ELRN01AUG24\) | eLearning Centre](#) tells you what you need to know about eLearning and how to navigate through the de Souza Institute eLearning centre and courses. It is **strongly** recommended that you complete this very short free course.

de Souza Institute Support

If you need assistance accessing or navigating the eLearning Centre, please refer to the eLearning Orientation course. If you experience any technical difficulties, please contact support@desouzainstitute.com.

L. POLICIES AND PROCEDURES

Click the links below to read these important de Souza Institute policies about:

[Academic Honesty and Copyright Policy](#)

[Cancellations, Incomplete and No Show Policy](#)

[Request for Accommodation Policy](#)

M. COURSE GRADING RUBRIC

Assignment	% of Final Grade
<p>Course Modules & Required Readings You must complete all course modules & required readings.</p>	-
<p>Forum Postings Posting in 6 Collaboration Forums:</p> <ul style="list-style-type: none"> • Section 1 forum – 5% • Section 2 forum – 5% • Section 3 forum – 10% • Section 5 forum – 10% • Section 6 forum – 10% • Section 7 forum – 10% <p>See Appendix A: Discussion Forum Grading Rubric on page 9.</p>	50%
<p>Section 4: Opioid Calculation quiz</p>	20%
<p>Case Study Assignment The assignment involves answering 4 questions related to a clinical case.</p> <ul style="list-style-type: none"> • For each question, answers need to reflect the learning from the course. • Each answer should include rationale and connection to the course material, and the selected case (no more than 250 words per question). • References must be included at the end of the assignment. <p>A grade of 22.5 (75%) or higher is considered satisfactory.</p>	30%
<ul style="list-style-type: none"> • The total passing grade for this course is 75%. You must also get a grade of 75% in the case study assignment to pass the course. 	

Appendix A: Discussion Forum Grading Rubric

Grading Criteria	Grading for Discussion Forum Collaboration and Contribution			
	0	1	2	3
Timely collaborative forum discussion contributions	Late or not posted OR No responses to other participants and facilitator(s)	Only 1 topic posted per discussion forum within timeline OR Only 1 response to other participants or facilitator(s)	1 topic posted per discussion forum within timeline OR 2 responses posted to other participants or facilitator(s) within timeline	1 topic posted per discussion forum within timeline AND 2 or more responses posted to other participants or facilitator(s) within timeline
Able to identify key concepts	Late or not posted OR No evidence that concepts are identified in collaborative discussion	Incomplete posting that offers limited understanding of core concepts	Provides postings containing a clear understanding of all core concepts	Provides additional evidence, resources or information related to key concept(s) to enhance the learning experience
Demonstrates comprehension of concepts in various contexts	Late or not posted OR No evidence to infer relationship between theory and practice	Provides example(s) of application in practice with limited application of patient-centred approach (where applicable)	Provides example(s) of application in practice and describes a holistic patient-centred approach (where applicable)	Provides example(s) of application in practice and describes a holistic patient-centred approach including analysis (where applicable)
Knowledge integration through critical thinking and/or reflection	Late or not posted OR No evidence of critical thinking and/or reflective thought pertaining to personal perspectives and professional development	Little evidence of critical thinking/reflective thought pertaining to personal perspectives and professional development	Evidence of some reflective thought pertaining to personal perspectives and professional development	Evidence of strong reflective thought pertaining to personal perspectives and professional development
Integration of a collaborative approach in addressing key issues	Late or not posted OR No mention of collaborative person centred care	Posting brief or vague in describing working with patients and other professionals (where applicable)	Posting articulates a detailed example of how patients, families and other providers are involved collaboratively in care delivery (where applicable)	Posting articulates process and results of team based care, i.e., working together, sharing a common goal, leveraging resources, and providing right service in the right place (where applicable)

**Grade is the sum total score for each category, ranging from 0-15.
A grade of 11 or higher (73%) is considered satisfactory**