Description: This module introduces the concept of COMFORT. Emphasis is placed on pain: acute and chronic, sleep-rest disorders, and chronic fatigue syndrome, and end of life care.

Learning Outcomes:
Upon completion of this module the student will be able to:
1. Define the concept of pain.
2. Contrast the characteristics of acute and chronic pain.
3. Discuss factors relating to people’s perception of pain:
   • Age
   • Cultural
   • Gender
   • Genetic
4. Assess patient’s pain status through health history and physical examination.
5. Describe the nurse’s role in collaborative strategies for pain management:
   • Pharmacological
   • Non-pharmacological
   • Alternative therapies.
6. Define ‘chronic fatigue syndrome’.
7. Discuss the philosophy of palliative care in relation to life-threatening illnesses.

Learning Resources:

Lab: CAI: Analgesic Drugs (MEDS)
Guest speaker: Hospice
Case Study: Instructor choice

Learning Activities:
Complete CAI on Analgesic Drugs; discuss ‘fibromyalgia” case study; using pain assessment tools, determine level of pain for your patients in the clinical setting, and determine if their pain is acute or chronic.

Evaluation:
Unit exam., Lab competency, Clinical performance.