



**HPC Consultation Services**  
Waterloo Wellington

## **Essential Pain Management (EPM)** Using a Palliative Approach **Online**

**Sign Up  
Now**

**Cost: \$40**

**Registration Link /**

**QR Code Here**

[Click Here](#)

EPM 2.0 (herein referred to as EPM), includes up-to-date, best practice and evidence-informed palliative care knowledge, utilizing the innovative Partnering for Palliative Education learning environment, powered by D2L Brightspace.

*Due to continuous changes in hospice and palliative care, we recommend taking EPM every five years.*

### **Before Registering for EPM**

Please carefully review the course: [Content, Objectives & Expectations](#) & [Technology Requirements](#)

**Why EPM?** ➔ Peer-reviewed, evidence-informed, and up-to-date course content ➔ Facilitation and mentorship by experienced local palliative care nurse consultants ➔ Successful completion of EPM prepares learners to meet the palliative care competencies for Nurses as outlined in [Ontario Palliative Care Competency Framework](#) and [Canadian Interdisciplinary Palliative Care Competency Framework](#)

**Eligibility** EPM is designed to benefit and appeal to all classes of nurses who care for adults living with life-threatening or life-limiting illnesses.

**Course Overview** The focus of EPM is the assessment and management of pain. Local palliative nurse consultants work with EPM learners to provide foundational knowledge and skills in pain assessment, management and evaluation, from a palliative care approach, that can be applied to practice.

## **Course Content**

The new EPM 2.0 curriculum includes:

### **Part 1 - Essential Pain Management (EPM)**

**Total Course Hours: 25**

- **Getting Started (+quiz)**

- **Foundational Modules (+quizzes)**

1: Laying the Foundation

3: Assessment

2: Understanding Pain

4: Approaches to Pain Management

- **EPM Coaching Session (2 hrs)**

### **Part 2 - Advanced Approaches to Manage Pain (AMP)**

- **AMP Preparatory Module (+quiz)** – AMP provides a more in-depth look at equianalgesia and explores additional information on the application of pain management principles to specific skills and pain scenarios including:

- Titration of Breakthrough Doses (BTD)

- Opioid Rotation

- Pain from Bony Metastases

- Incident Pain Management

- Intractable Pain

- Interventional Approaches

- **AMP Coaching Session (2 hrs)**

**New Online Format**

**Learners work at  
their own pace within an  
8-week timeframe**

Brightspace tracks learner progress so that facilitators can assist learners to stay on track!

[Technology Requirements](#)

During EPM, learners will read and interact with the online learning modules. Achieving a score of 100% on each module quiz is required for the next module to become visible and accessible to the learner. The mandatory EPM and AMP coaching sessions provide case-based learning opportunities for applying knowledge and skills to practice.

## **Course Availability**

| Details                     | Times                                       | Dates               |
|-----------------------------|---------------------------------------------|---------------------|
| <b>Course Start Date</b>    | <b>(facilitator will sent out an email)</b> | <b>Oct. 1/2026</b>  |
| <b>EPM Coaching Session</b> | <b>0900-1100</b>                            | <b>Nov. 12/2026</b> |
| <b>AMP Coaching Session</b> | <b>0900-1100</b>                            | <b>Nov. 26/2026</b> |

**Contact Us**

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**When a learner has successfully completed all EPM course components, an EPM Certificate of Completion will be issued.**

**Note:** Incomplete attendance or non-participation (e.g., camera off, multitasking) may affect the issuing of the EPM certificate.