



Advanced Pain Management in Older Adults Training Course

29 November – 3 December 2026
Cape town

Advanced Pain Management in Older Adults Training Course

Ref: 1525_212656 **Date:** 29 November – 3 December 2026 **Location:** Cape town **Fees:** 4500 Euro

Overview

Advanced Pain Management in Older Adults Training Course is a one-week course for geriatric care leaders, nurses, allied health professionals, pharmacists, quality professionals, care coordinators, and healthcare managers, who leave with an Older Adult Pain Management Pack. The course integrates multidimensional pain assessment, communication and cognitive impairment, observational pain scales, function and frailty, multimodal pain management, medication safety, shared decisions, coordinated care, monitoring, documentation, and service improvement. Agile Leaders Training Center presents pain management in older adults as person-centered coordination of comfort, function, and safety.

Who Should Attend

- Functions responsible for older-adult assessment and care planning
- Teams responsible for nursing and allied health interventions
- Personnel responsible for medication review and safety
- Functions responsible for dementia and cognitive support
- Care coordinators responsible for transitions and family involvement
- Quality leaders responsible for monitoring and service improvement

The course assumes participants contribute to older-adult care, medication safety, quality, or coordination and leaves out prescribing qualification, palliative care credentialing, clinical diagnosis, and introductory pain awareness.

Departments and Industries

The course supports departments and organizations that assess, coordinate, or improve pain care for older adults.

- Hospitals and ambulatory healthcare services
- Residential, nursing, and long-term care services
- Primary care and community health organizations
- Rehabilitation and allied health departments
- Pharmacy, medication safety, and quality functions
- Home care and social support services

Learning Objectives

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



- Analyze pain, function, communication, frailty, and care context
- Apply self-report and observational pain assessment methods
- Compare pharmacological and nonpharmacological care options
- Evaluate medication risks, interactions, monitoring, and escalation
- Build shared pain goals and coordinated care plans
- Prioritize documentation, review, safety, and service improvements

Course Agenda

Day 1: Older Adult Pain Assessment

- Multidimensional Pain and Function Assessment Template
- Pain History, Pattern, and Impact Interview Guide
- Frailty, Comorbidity, and Treatment Burden Review
- Comfort, Function, and Independence Goal Matrix
- Pain Assessment Documentation and Escalation Record

Day 2: Communication and Cognitive Impairment

- Supported Self-Report and Communication Adaptation Checklist
- Collateral History and Baseline Behavior Profile
- PAINAD Observational Pain Assessment Application
- Movement-Based Pain Observation Protocol
- Behavior Change, Delirium, and Distress Differentiation Map

Day 3: Multimodal Care and Medication Safety

- Pharmacological Benefit, Harm, and Suitability Review
- Polypharmacy, Interaction, and Accumulation Risk Grid
- Falls, Sedation, Cognition, and Organ Function Monitor
- Nonpharmacological Intervention Selection Matrix
- Multimodal Pain Care and Contingency Plan

Day 4: Coordination, Monitoring, and Improvement

- Shared Decision and Family Involvement Framework
- Interdisciplinary Pain Care Responsibility Map
- Care Transition and Medication Reconciliation Checklist
- Pain, Function, Safety, and Goal Review Dashboard
- Older Adult Pain Service Improvement Tracker



Day 5: Older Adult Pain Practice

- Suggested Exercise: Multidimensional Assessment Case Review
- Suggested Exercise: Cognitive Impairment Observation Simulation
- Suggested Exercise: Multimodal Care and Medication Risk Review
- Suggested Exercise: Coordination and Monitoring Plan Review
- Capstone Exercise: Older Adult Pain Management Pack

Practical Exercises

The course uses suggested activities based on fictional hospital, community, residential care, rehabilitation, and home-care situations.

- Suggested activity: combine pain history, function, frailty, goals, communication, and collateral information in an assessment.
- Suggested activity: compare self-report and observational findings during rest, movement, and care activity.
- Suggested activity: evaluate medication and nonpharmacological choices against benefit, harm, function, and monitoring needs.
- Suggested activity: assemble a coordinated care, transition, dashboard, and improvement plan.

FAQs

Who suits advanced pain management in older adults training, and what does it assume?

Older-adult care, nursing, allied health, pharmacy, coordination, quality, and management functions suit the training; it assumes responsibility for care or safety and excludes prescribing authority and introductory pain awareness.

How does pain management in older adults differ from general elderly care training?

Pain management in older adults concentrates on multidimensional assessment, cognitive and communication barriers, functional goals, multimodal treatment decisions, medication risk, coordinated monitoring, and measurable pain-care improvement rather than broader elderly-care operations.

How should pain be assessed when an older adult has cognitive impairment?

Pain assessment should preserve self-report where feasible, adapt communication, obtain collateral history, observe behavior at rest and during movement, use an appropriate observational scale, examine changes from baseline, and reassess responses to care.



How is medication safety incorporated into older-adult pain management?

Medication safety is incorporated by reviewing the full medicine list, comorbidities, frailty, organ function, interactions, accumulation, falls, sedation, cognition, intended benefit, monitoring evidence, family support, and escalation triggers.

Conclusion

Participants leave with an Older Adult Pain Management Pack containing assessment, observation, function, medication, nonpharmacological, goal, coordination, transition, monitoring, dashboard, and improvement tools. The pack links comfort decisions with function and safety. It helps teams recognize pain, compare options, document reasoning, follow outcomes, and coordinate changes across care settings.