

**Test Content Outline**  
**Effective Date: February 5, 2024**

**Pain Management Nursing**  
**Board Certification Examination**

There are 150 questions on this examination. Of these, 125 are scored questions and 25 are pretest questions that are not scored. Pretest questions are used to determine how well these questions will perform before they are used on the scored portion of the examination. The pretest questions cannot be distinguished from those that will be scored, so it is important for a candidate to answer all questions. A candidate's score, however, is based solely on the 125 scored questions. Performance on pretest questions does not affect a candidate's score.

This Test Content Outline identifies the areas that are included on the examination. The percentage and number of questions in each of the major categories of the scored portion of the examination are also shown. *Note: The examples in parentheses are not all-inclusive and do not indicate importance.*

<b>Category</b>	<b>Content Domain</b>	<b>Number of Questions</b>	<b>Percentage</b>
I	Fundamentals of Pain	55	44%
II	Interventions	53	42%
III	Professional Practice	17	14%
<b>TOTAL</b>		<b>125</b>	<b>100%*</b>

*\* Total does not come to 100 because of rounding.*

## **I Fundamentals of Pain**

### **A. Science of Pain**

*Knowledge of:*

1. Nociceptive, neuropathic, and nociplastic pain
2. Acute, chronic, and persistent pain
3. Pain management models and theories
4. Physiologic mechanisms of pain (eg, transduction, transmission, perception, and modulation)
5. Etiology of pain
6. Pain diagnoses and syndromes
7. Physiological and psychological effects of uncontrolled pain

### **B. Assessment**

*Knowledge of:*

1. Pain descriptors and characteristics
2. Pain history
3. Pain assessment techniques, scales, and tools
4. Quality-of-life and functional ability
5. Coping mechanisms and support systems

*Skill in:*

6. Monitoring and reassessment of pain and functional status
7. Potential barriers to pain management
8. Risk assessment of substance use disorder

## **II Interventions**

### **A. Plan of Care**

*Skill in:*

1. Patient-centered plan of care and treatment goals
2. Multimodal pain management strategies
3. Interdisciplinary collaboration

### **B. Pharmacological Treatment**

*Knowledge of:*

1. Non-opioid analgesics
2. Opioid analgesics
3. Adjuvant medications
4. Herbs and supplements
5. Routes of administration

*Skill in:*

6. Medication safety and misuse
7. Medication conversion and equivalence
8. Side effect prevention and management (eg, oversedation, epidural hematoma, local anesthetic toxicity, post-dural puncture headache (PDPH))

### C. Non-Pharmacologic Treatment

*Knowledge of:*

1. Physical treatment modalities (e.g., exercise, massage, positioning, environment)
2. Cognitive and behavioral treatment modalities (e.g., psychotherapy, spirituality)
3. Complementary and integrative therapies (e.g., biofeedback, reiki, acupuncture, aromatherapy)

*Skill in:*

4. Pain management interventions (eg, implantable devices and interventional procedures)
5. Safety considerations and potential complications

## III Professional Practice

### A. Education and Advocacy

*Skill in:*

1. Patient, caregiver, and family education
2. Therapeutic communication techniques
3. Cultural and other demographic considerations

### B. Ethics and Regulatory Principles

*Knowledge of:*

1. Scope, standards, guidelines, and ethics

*Skill in:*

2. Crisis and emergency response