

# BoardVitals: Pain Management, Palliative and End of Life Care

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**Release date:** January 1, 2021

**Expiration date:** December 31, 2023

Estimated time to complete activity: Up to 12 hours

## Overview

BoardVitals provides a high-quality, effective, and a powerful online continuing education that is used by practicing physicians, residents, nurse practitioners, and physician assistants.

A case-based question bank for Pain Management, Palliative and End of Life Care provides up-to-date cases with questions and explanations with answers. The cases included in this activity are designed to provide evidence-based treatment options for patients in need of end of life or palliative care.

## Target Audience

The target audience consists of practicing physicians, residents, nurse practitioners, and physician assistants who work with patients receiving palliative care or pain management care at the end of life.

## Learning Objectives

Upon completion of this activity, participants should be able to:

- Perform an assessment of acute and chronic pain by evaluation of symptoms, course of illness, and past medical and psychiatric history.
- Understand and implement measures to alleviate adverse effects associated with pain medications and the dying process.
- Safely and effectively prescribe and administer appropriate analgesic medications, including opioid pain medications, after assessment of the risks and benefits to the patient.
- Utilize adjunctive medications and treatments to alleviate pain and reduce discomfort.
- Monitor efficacy, side effects, and development of tolerance or dependence to medications used in the management of pain.
- Recognize signs of misuse or abuse of prescribed medications.
- Understand physiologic changes at the end of life and intervene appropriately to alleviate unpleasant symptoms.

## Faculty

George Chang Chien, MD

University of California at San Diego, Doctor of Medicine

Cleveland Clinic, Pain Medicine Fellowship

Medical Director, Pain Management, Ventura County Medical Center

Los Angeles, CA

Andrea Paul, MD

Michigan State University College of Human Medicine, Doctor of Medicine

Yale, Internal Medicine Residency

Chief Medical Officer

BoardVitals

Gainesville, FL

## Accreditation and Designation

BoardVitals is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

BoardVitals designates this enduring material for a maximum of 12 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **Other Accreditation**

This course fulfills the requirement for California-licensed physicians who must complete 12 hours of pain management and the appropriate care and treatment of the terminally ill and dying patients.

### **Commercial Support**

None

### **Faculty and Planners Disclosure Statement**

As a provider dedicated to independent education and accredited by the ACCME, the BoardVitals must ensure balance, independence, objectivity, and scientific rigor in all of its educational activities. It is the policy of BoardVitals to require disclosure of the existence of any significant financial interest or other relationship a faculty member, planner, or a sponsor has with either the commercial supporter of this activity or the manufacturer(s) of any commercial product(s) discussed in an educational presentation.

### **Faculty Disclosures**

George Chang Chien, MD has disclosed no relevant financial relationships.

Andrea Paul, MD has disclosed no relevant financial relationships.

### **Planner Disclosures**

Daniel Lambert, CEO, BoardVitals, has disclosed no relevant financial relationships.

Dr. Karen Shackelford, Director of Medical Content, BoardVitals, has disclosed no relevant financial relationships.

### **Independent Peer Reviewer**

Kyra Bannister, MD has disclosed no relevant financial relationships.

### **Method of Participation to Earn CME/CE Credit**

Learner pays the appropriate fee for participating in and receiving credit for this online educational activity. In order to obtain credit for participating in this activity during the period of January 1, 2021 through December 31, 2021, participants must:

1. Read the educational objectives and disclosure statements
2. Complete the case-studies presented during the session and score 70% or higher.
3. Review the appropriate modules. Participants may make corrections to incorrect responses as needed.
4. Upon completion of the entire module, the learner may receive 12 credits, or may redeem a portion of the 12 credits by increments of 1 hour at a time.
5. Submit the online evaluation to BoardVitals.

Credit will be issued only upon completion of the exam questions with a score of 70% or higher and activity evaluation. After completing this information, you will be able to print out your credit certificate. This activity should take up to 12 hours to complete. Credits are redeemable in 1 hour increments.

### **Hardware/Software Requirements**

BoardVitals: Pain Management, Palliative and End of Life Care training can be delivered to the latest devices physicians prefer to use, including iPads®. Compatible browsers and devices include:

- Microsoft® Internet Explorer®: 9, 10

- Apple® Safari®
- Google Chrome™
- Mozilla® Firefox®
- Apple® Mobile Devices: iPad®, iPhone®
- Android™ Mobile Devices

Our training solution is playable on virtually any web enabled device with an Internet browser. We also have a specialized mobile app for devices with smaller screens like iPhones®, available on iOS® and Android™ devices. Users must have an Internet connection. A flash plug-in is not required for this training.

Any trademarks, service marks, product names or named features are assumed to be the property of their respective owners, and are used only for reference. There is no implied endorsement by usage of (any / one) of these terms.

### **Disclaimer**

The opinions expressed in the enduring educational activity are those of the faculty. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings. Further, attendees/participants should appraise the information presented critically and are encouraged to consult appropriate resources for any product or device mentioned in this program.

### **Privacy Policy**

At BoardVitals, we care about providing you with tools and information to manage and protect your online privacy. BoardVitals retains records solely for keeping records in accordance with ACCME policies. We will not share your information with any other organizations. We will keep you informed of our CME activities.

Please email [support@boardvitals.com](mailto:support@boardvitals.com) if you do not want to receive any communications from us.

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### **Contact Information**

BoardVitals  
New York, NY 10018  
877-221-1529  
[support@boardvitals.com](mailto:support@boardvitals.com)  
[www.boardvitals.com](http://www.boardvitals.com)