

Arete Nurse Consultants, LLC offers a wide range of consultancy and education services.

The corporation is dedicated to providing services to individuals, education and health care

institutions to create a culture of excellence in nursing. Expert consulting services include preparation for the nurse leadership journey, nursing education, curriculum and instruction design, grant writing, program design

and evaluation. The education division of Arete Nurse Consultants provides seminars and workshops nationally.

Arete Nurse Consultants also collaborates with organizations to design customized continuing education programs delivered "on-site".

Contact Us:

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Or visit our web site

[www.aretenurseconsultants.com](http://www.aretenurseconsultants.com)

for more information

## Profiles:

### Dr. Cynthia Goodrich, Ed.D., MS, RN

Dr. Cynthia Goodrich has over thirty years of experience in professional nursing. Areas of interest and expertise include leadership, pain management, aging issues, grant writing and program evaluation. She has several publications to her credit in the areas of pain management and evaluation of career advancement programs. Cynthia holds a Bachelor of Science Degree in Nursing from Russell Sage College, a Master of Science Degree in Nursing from the University of Virginia, and a Doctor of Education in Organizational Leadership. She also holds a graduate certificate in gerontology and a certificate in Parish Nursing. Professional affiliations include membership in the Virginia Nurses Association, Academy of Medical-Surgical Nursing and Sigma Theta Tau.

### Dr. Sharon J. Kopis, Ed.D., MS, RN

Dr. Kopis has an extensive background as a nurse educator and in nursing administration. She is an experienced faculty member at the BSN, MSN and RN-BSN levels with extensive experience in course/curriculum development including resident and online nursing programs. In the clinical setting, Dr. Kopis has over 20 years clinical experience in medical surgical, nursing supervision, and advance practice as a Family Nurse Practitioner. Working in healthcare administration, she has conducted regional community health needs assessments and has a broad background in healthcare program research, development and evaluation of program outcomes and is a successful grant writer at the local, state and federal levels.

Dr. Kopis holds a Doctor of Education in Educational Leadership with a concentration in curriculum design for higher education, adult education principles, and online teaching methodologies for nursing, a MS in Nursing Administration from Virginia Commonwealth University/Medical College of Virginia, a post graduate certificate as a Family Nurse Practitioner from Old Dominion University, a Parish Nurse Educator certificate from the International Parish Nurse Resource Center and a Parish Nurse Certificate from the Medical College of South Carolina. Professional memberships include the Virginia Nurses Association and Sigma Theta Tau.



## Best Practices in Pain Management Seminar

Creating a Culture of Excellence in Nursing

[www.aretenurseconsultants.com](http://www.aretenurseconsultants.com)

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## Best Practices in Pain Management Seminar

**Who should attend:** Registered nurses interested in providing the best possible management of patients who experience pain

### Learning Outcomes include:

- Review and discuss beliefs surrounding pain management.
- Discuss myths related to pain management
- Describe the Pathophysiology of pain
- Discuss the perception of pain, modulation, pain transmission and transduction
- Review and demonstrate parameters of in-depth pain assessment, use of pain, sedation and respiratory scales.
- Review and discuss commonly used opioids
- Review and demonstrate equianalgesic dosing
- Review and demonstrate techniques for dealing with professional caregiver attitudes, patient attitudes and family attitudes related to pain management.
- Analyze case scenarios and construct approaches to pain management issues.

### Dates and Locations:

**Friday, September 19th, 2008**  
Tamarack Conference Center  
One Tamarack Park, Beckley, WV

**Friday, September 26th, 2008**  
Wingate by Wyndham Hotels  
3777 Candler's Mountain Road  
Lynchburg, VA 24502

**Friday, October, 17, 2008**  
Hampton Inn  
85 University Blvd / I 81 @ Exit 247A  
Harrisonburg, VA 22801

- **FEE: \$69.00 includes: 6.5 ANCC CEU credits, refreshments and materials.**
- **Attendance is limited, reserve early**
- **Refund policy: refund, less \$15.00 handling fee if requested at least one week in advance to: [info@aretenurseconsultants.com](mailto:info@aretenurseconsultants.com) after one week, refund of seminar fees less 25%.**
- **Easy and Secure Online Registration:**

**[www.aretenurseconsultants.com](http://www.aretenurseconsultants.com)**

**Click on Seminars and complete the registration form for selected session. Print**

6.5 Nursing CEU's will be offered for continuing nursing education programs.

Continuing nursing education activities will be approved by the Virginia Nurses' Association Continuing Education Approval Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

## Best Practices in Pain Assessment and Management

### Program Schedule:

8:00—8:30 am	Registration
8:30—9:15 am	Beliefs and Myths of Pain Management
9:15—10:15 am	Pathophysiology of Pain
10:00—10:30 am	Break
10:30—11:30 am	Pain Assessment
11:30—12:30 pm	Lunch on your own
12:30—1:45 pm	Overview of Selected Medications
1:45—2:00 pm	Break
2:00—3:00 pm	Educate Staff, Patients and Families /pain management
3:00—4:15 pm	Applying evidence based skills to practice application
4:15—4:30 pm	Program Evaluation