

### **Pain Management Resources for Advanced Registered Nurse Practitioners**

The Nursing Care Quality Assurance Commission (NCQAC) is committed to our mission of protecting the public. As an independent health care practitioner, an advanced registered nurse practitioner (ARNP) is often on the frontline when it comes to treating pain. Knowing enough information about pain and its management to adequately care for people in pain may be challenging. Here are pain-related guidelines, resources, and tools to be able to incorporate best practice management of patients experiencing pain.

- We encourage providers to participate in the University of Washington-Division of Pain Medicine weekly [TelePain](#) education and consultation sessions to increase the knowledge and skills
- We encourage ARNPs to use the [Prescription Monitoring Program](#) as a tool in patient care.
- The NCQAC also approved an advisory opinion on the [Prevention and Treatment of Opioid-Related Overdoses](#).

### **ARNP Pain Management Specialists**

An ARNP pain management specialist must meet one or more of the following qualifications:

1. A minimum of three years of clinical experience in a chronic pain management care setting;
2. Certified by the [American Society for Pain Management Nursing® Advanced Practice](#) or the [National Board of Certification and Recertification for Nurse Anesthetists Nonsurgical Pain Management](#);
3. Successful completion of a minimum of at least eighteen continuing education hours in pain management during the past two years; or
4. At least thirty percent of the ARNP's practice is the direct provision of pain management care or is in a multidisciplinary pain clinic.

### **Advanced Practice Pain Management Nursing Law and Regulations**

RCW 18.79.400 Pain Management Rules-Criteria for New Rules

<a href="#">246-840-460</a>	Pain management—Intent.
<a href="#">246-840-463</a>	Exclusions.
<a href="#">246-840-465</a>	Definitions.
<a href="#">246-840-467</a>	Patient evaluation.
<a href="#">246-840-470</a>	Treatment plan.
<a href="#">246-840-473</a>	Informed consent.
<a href="#">246-840-475</a>	Written agreement for treatment.
<a href="#">246-840-477</a>	Periodic review.
<a href="#">246-840-480</a>	Long-acting opioids, including methadone.
<a href="#">246-840-483</a>	Episodic care.
<a href="#">246-840-485</a>	Consultation—Recommendations and requirements.
<a href="#">246-840-487</a>	Consultation—Exemptions for exigent and special circumstances.
<a href="#">246-840-490</a>	Consultation—Exemptions for the advanced registered nurse practitioner.
<a href="#">246-840-493</a>	Pain management specialist.



## Nursing Care Quality Assurance Commission

### **Clinical Guidelines, Training, Toolkits, and Resources**

- [American Academy of Pain Management: Pain Guidelines and Resources](#)
- [American Association of Nurse Anesthetists: Chronic Pain Management Guidelines](#)
- [American Society for Pain Management Nursing® Advanced Practice](#)
- [U.S. Department of Veterans Affairs: Pain Management Resources and Clinical Tools](#)
- [Substance Abuse and Mental Health Services Administration: Pain Management Guidelines](#)
- [Nursing Care Quality Assurance Commission Advisory Opinion: Prevention and Treatment of Opioid-Related Overdoses](#)
- [Washington State Department of Health: Prescription Monitoring Program](#)
- [University of Washington: Pain Medicine Provider Toolkit](#)
- [University of Washington: TelePain](#)
- [Washington State Agency American Medical Directors' Group: Interagency Guideline on Prescribing Opioids for Pain](#)