



How to use the painACT trainer program

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Introduction

Welcome to the painACT Program.

painACT is a program designed to educate aged care staff about pain and best practices in pain management. It is delivered by an in-house nurse or delegated staff member at your aged care facility/aged care provider organisation.

The painACT Program consists of seven (7) educational modules, each with:

- 1** A trainer guide that is to be used as a self-led training tool for in-house nurses/a delegated staff member to learn how to conduct the seven (7) short face-to-face training sessions with staff at their aged care facility/aged care provider organisation
- 2** A participant handout for the trainer to give to staff undertaking the training (not included in the 'Pain assessment' module)
- 3** An accompanying video to show to staff during each face-to-face training session (except the 'Pain assessment' module)

Where to start

To start, please watch the video 'How to use the painACT Trainer Program' (video runtime is 13 minutes). This video will give you an overview of the painACT Program, its aim and how it can be delivered to staff members at your aged care facility/aged care provider organisation.

This video includes information on:

- Aims of the program
- What is a train-the-trainer program
- Who can be a painACT trainer
- What is included in painACT
- Who are the staff being trained
- How is the painACT program structured
- Summary of the seven (7) painACT education modules
- Trainer preparation prior to delivering each module
- How to deliver each module
- Suggestions on when and how often to run painACT
- General tips for rolling out painACT at your aged care facility or aged care provider organisation



Key messages

painACT is for nurses/a delegated staff member to self-train in running the program at their aged care facility/aged care provider organisation

painACT has been designed for nurses/a delegated staff member to train all other staff, with an emphasis on training personal care staff

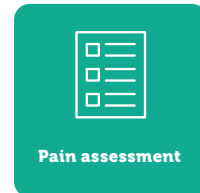
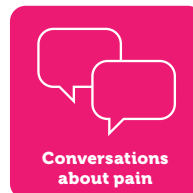
painACT is free for aged care facilities/aged care provider organisations to use

painACT consists of

One (1) module for the trainer:



Seven (7) modules are pain-related topics:



painACT has been designed to be run in short sessions at your aged care facility or aged care provider organisation (about 10 minutes per education module)

Each education module in painACT:

- Is a short face-to-face training session (about 10 minutes for each module)
- Has learning objectives and key messages
- Has a trainer guide
- Has a short video for participants to watch
- Has a handout for participants who attend the training

For more information, refer to the "Pain in Residential Aged Care Facilities: Management Strategies, 2nd Edition"
resource: <https://www.apsoc.org.au/publications>