

# **Nonsurgical Pain Management (NSPM) Content Outline and Exam Blueprint Effective through 2020**

The NSPM subspecialty examination will assess a nurse anesthetist's competence of needle placement in three anatomical approaches (i.e., midline, lateral, peripheral) and four anatomical regions (i.e., cervical, thoracic, lumbar, and sacral), as well as assess knowledge related to the NSPM certification examination content outline as listed below:

## **Domain I. Physiology and Pathophysiology of Pain (13%)**

- I.A. Applicable anatomy and physiology of pain
- I.B. Nociception: transduction, transmission, perception and modulation of pain
- I.C. Factors influencing pain
- I.D. Cellular response to pain and treatment
- I.E. Pain classifications
- I.F. Evidence based principles
- I.G. Pathophysiology
  - I.G.1. Neurotransmitters
  - I.G.2. Inflammatory mediators
  - I.G.3. Pain pathways

## **Domain II. Imaging Safety (8%)**

- II.A. Evaluation of equipment
- II.B. Equipment safety
- II.C. Radiation safety
- II.D. Safe practices with imaging equipment
- II.E. Provider and Staff safety
- II.F. Patient safety

## **Domain III. Assessment/Diagnosis/Integration/Referral (24%)**

- III.A. Physical examination
- III.B. Pain generators
- III.C. Health history
- III.D. Diagnostic studies
  - III.D.1. MRI
  - III.D.2. CT
  - III.D.3. EMG
  - III.D.4. X-ray
  - III.D.5. Discogram
- III.E. Documentation
- III.F. Data interpretation
- III.G. Treatment plan
- III.H. Imaging strategies
- III.I. Clinical judgment
- III.J. Multidisciplinary collaboration

# Nonsurgical Pain Management (NSPM) Content Outline and Exam Blueprint Effective through 2020

## Domain IV. Pharmacological Treatment (15%)

- IV.A. Pharmacology and pain
  - IV.A.1. NSAIDs
  - IV.A.2. Opioids
  - IV.A.3. Anticonvulsants
  - IV.A.4. Antidepressants
  - IV.A.5. Muscle relaxants
  - IV.A.6. Antiepileptic drugs
  - IV.A.7. Local anesthetics
  - IV.A.8. Corticosteroids
  - IV.A.9. Nutraceuticals
  - IV.A.10. Supplements
  - IV.A.11. NMDA receptor antagonists
- IV.B. Drugs for pain interventions
- IV.C. Drug interactions
- IV.D. Botanical, herbal, nutraceuticals and homeopathic treatments
- IV.E. Risks and benefits of drug therapy
- IV.F. Patient safety
- IV.G. Regulatory requirements
- IV.H. Safe drug practices

## Domain V. Interventional Pain Strategies (29%)

- V.A. Indications for advanced imaging
- V.B. Targeted treatment of pain
- V.C. Global treatment of pain
- V.D. Implementation of care plan
- V.E. Consideration of comorbidities
- V.F. Imaging strategies
- V.G. Contrast studies
- V.H. Complications: risk assessment, identification and interventions
- V.I. Treatment goals
- V.J. Patient monitoring
- V.K. Use of neuroablative techniques

## Domain VI. Professional Aspects (11%)

- VI.A. Informed consent
- VI.B. Protection of patient rights
- VI.C. Outcome measurements
- VI.D. Patient follow-up
- VI.E. Legal, statutory and regulatory issues