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## Pain Management Skills Competency for CVPP Certification

### INSTRUCTIONS

Effective pain management requires both skills and knowledge. Knowledge will be primarily assessed on the exam. This form is fairly specific for skills, although thorough knowledge of a skill will allow you to acquire points. There are numerous skill options listed in order to encompass as many types of practices/practitioners as possible, but there is also a requirement for balanced skills/knowledge. You do not need to know every skill! Just choose the ones you use. Your level of expertise will determine how many points that you get for each skill. Veterinarians must achieve **at least 80 points and technicians at least 40 points**. The point categories are: Observed (OBS, 1 point): You have not done the skill but have some understanding of how to do it after seeing the skill performed; Basic (BAS, 2 points): You have just started using the skill or use it infrequently; Proficient (PRO, 3 points): You have been doing this skill for a long time and use it frequently. Advanced Knowledge (KNW, 2 points): You have not been able to observe or perform a skill but you have thoroughly studied the skill and you understand how to do the skill, why to do the skill, pros/cons of the skill and mechanism of analgesia provided by the skill to the level that you could teach the information regarding the skill to a colleague – including your skill evaluator.

Many of the skills listed here can be done by either a doctor or a technician/nurse (title dependent on country of licensure) but there are some skills that are regulated to doctors only depending on the state or country that you practice in. Therefore, a specific section of skills for technician/nurse-only section is provided to highlight some specific roles of technicians/nurses in pain management.

Skills must be evaluated by a person qualified to identify proper performance of the skill. A qualified evaluator can be a CVPP, Diplomate of the American or European College of Veterinary Specialists, or a member of an equivalent organization in other countries. Other qualified evaluators include members of the American Board of Veterinary Practitioners and individuals certified through an advanced pain/analgesia training programs, examples include, CVA, CCRP, CCRT, and VTS in Anesthesia/Analgesia. If an evaluator is not available in your area, skills can be demonstrated to the evaluator using video submission or video conferencing (like over Zoom). If you cannot find an evaluator, please contact your mentor or contact IVAPM at [info@ivapm.org](mailto:info@ivapm.org) and we will help you. If being assessed remotely, the candidate can enter the evaluator's initials on the form and ensure that the contact information for the evaluator is correct and that the evaluator, if contacted, will attest that they did indeed certify your skills. More than one evaluator can be used for assessing different skills. The evaluator(s) should sign (or initial) and date the signature column. Evaluator contact information should be listed on the last page of the document.

Please download and/or print this document – it is not yet available for electronic completion. The document should be uploaded into the IVAPM system when you submit your CVPP application. Use your ARN# - **not your name** – for identification on all forms. **ARN #: PUT AT THE TOP OF EVERY PAGE.**

Category/Skill							
<b>Pain Identification and Assessment.</b> All CVPP candidates should be actively identifying/ assessing pain. <b>USE OF THREE OR MORE ASSESSMENT METHODS IS REQUIRED!</b> If you are not using pain assessment, start now so that you can develop this skill before it is time to submit this form! Most of the choices in this section are for all species.							
Pain Scales/Scoring/Assessment/Etc.	Species and Scale or Assessment	OBS 1 pt	BAS 2 pt	PRO 3 pt	KNW 2 pt	Evaluator's Signature/Initials	
Use of Acute Pain Scales in the primary species in your practice (write name of species and scale in next column)							
Use of Acute Pain Scales in another species in your practice (write name of scale in next column)							
Use of any other Acute Pain Scales) in your practice (write name of scale(s) in next column)							
Use of Chronic Pain Scales in the primary species in your practice (write name of scale(s) in next column)							
Use of Chronic Pain Scales in another species in your practice (write name of scale(s) in next column)							
Use of any other Chronic Pain Scale(s) (write name of scale(s) in next column)							
Use of oral pain scales like the Composite Oral and Maxillofacial Pain Scale-Canine/Feline (COPS-C/F)							
Use of Quality of Life Scale(s) with pain assessment as a component (write name of scale(s) in next column)							
Utilization of tools for detailed pain consultations with pet owners or caregivers							
Rehabilitation evaluation including myofascial trigger point evaluation							
Perform orthopedic exam							
Perform lameness exam and diagnosis							
Perform pain-focused neurologic exam							
Identification/assessment joint end-range of motion							
Use Goniometry							

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Use Gulick tape						
Use stance analyzer or mats to diagnose off-loading						
Use of force plate analysis to analyze gait						
Ability to identify normal vs. abnormal gait patterns (ie. trot vs. pace) and to localize pain based on presence of gait abnormalities						
Ability to diagnose musculoskeletal disorders with diagnostic ultrasound, MRI, etc.						
Ability to use radiology as a diagnostic tool for identifying pain (eg, recognize radiographic abnormalities like hip dysplasia, osteoarthritis, spondylosis, etc.)						
<b>Pharmacologic Analgesia</b>						
<p><b>Local/Regional Blocks.</b> Local anesthetics should be used in all (or at least almost all) analgesic plans for surgical and traumatic injury pain. Many - but not all - of the listed blocks could be done in any species. Choose the appropriate blocks that you use for the species treated in your practice. Additional large animal blocks are listed in a separate section. If you are working on a species or are using a block not included here, enter that information in the final row of this section. If skills were learned at IVAPM Pain Forum local anesthesia lab, list PMF in the evaluator column. There are numerous blocks listed here and <b>at least 5 skills from this set is required for all candidates.</b> If these are not skills done at your practice, learn when, why and how the skill would be used and choose the 'KNW' column. This is a good way to learn new skills – and to study for the exam. Please choose all of the blocks you do, but, because there are other required skills, the points from the local blocks section cannot be the only points you achieve for required number of skills. Skill diversity is important!</p>						
<b>Use of any of these blocks:</b>	Species/Drug(s)	OBS 1 pt	BAS 2 pt	PRO 3 pt	KNW 2 pt	Evaluator's Signature/Initials
Infiltration for incision or wound repair						
Maxillary, intra- or extra-oral						
Infraorbital						
Mandibular (inferior alveolar), intra- or extra-oral						
Greater auricular/auriculotemporal						
Palpebral						
Retrobulbar or similar						
Intercostal						
Intrapleural						

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Radius/Ulnar/Median/musculocutaneous (RUMM)						
Block of manus, pedus or digit						
Intra-articular (most common joint injected, state joint and drug or product injected in next column)						
Intra-articular (second most common joint injected, state joint in next column)						
Intra-articular (third most common joint injected, state joint in next column)						
Intraperitoneal lavage						
Ovarian ligament						
Testicular or spermatic cord						
Infusion ('soaker') catheter in incision or wound						
Intrapleural or intraperitoneal catheter						
Sacrococcygeal epidural						
Lumbosacral epidural						
Lumbosacral catheter						
Brachial Plexus or Cervical Paraspinal						
Palpebral						
Paravertebral						
Inverted L or Backwards 7 (usually large animal)						
Bier Block (often large animal but now always)						
Use of nerve locator for any of the blocks listed here or in the equine section						
Use of ultrasound guidance for any of the blocks listed here or in the equine section						
Other block(s). Please list other blocks that you are using in the next column and add skill level.						
<b>Analgesic Infusions</b>	Species/Drug(s)	OBS 1 pt	BAS 2 pt	PRO 3 pt	KNW 2 pt	Evaluator's Signature/Initials
CRI administration to patients with surgical pain						
CRI administration to patients with injury pain						
CRI administration to patients with medical pain (eg, gastroenteritis)						

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CRI administration to patients with chronic pain other than maladaptive pain (eg, gastroenteritis)						
CRI administration to patients with acute or chronic maladaptive pain (ie ketamine infusion)						
Other use of infusions (list details in next column)						

**Physical Medicine/Rehabilitation:** This is an extremely important component of pain management. **At least 5 skills from this set are required for all candidates.** If these are not skills done at your practice, learn when, why and how the skill would be used and choose the ‘KNW’ column. This is a good way to learn new skills – and to study for the exam. If skills were learned at IVAPM Pain Forum local anesthesia lab, list PMF in the evaluator column.

<b>Use of any of these skills:</b>	Species	OBS 1 pt	BAS 2 pt	PRO 3 pt	KNW 2 pt	Evaluator’s Signature/Initials
Photobiomodulation (‘Laser’)						
Acupuncture: Electroacupuncture						
Acupuncture: Aquapuncture						
Acupressure						
Acupuncture: Dry Needle						
Acupuncture: Dry Needling Myofascial Trigger Point Therapy						
Trigger Point Identification						
Trigger Point Release (manual/massage)						
Neuromuscular Electrical Stimulation (NMES)						
Transcutaneous Electrical Nerve Stimulation (TENS)						
Pulsed electromagnetic field therapy (PEMFt)						
Therapeutic Ultrasound						
Therapeutic Massage						
Chiropractic manipulations						
IASTM (Instrument Assisted Soft Tissue Mobilization)						
Kinesiology taping						
Therapeutic exercise						
Hydrotherapy						
Joint/spinal manipulation						

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Manual Therapies (eg, passive range of motion & stretching)						
Thermotherapy (appropriate use of heat/cold)						
Other techniques. List other physical medicine techniques that you are using in the next column and choose your skill level for that technique.						
<b>Other:</b> There are many ways to decrease pain!	Species, product or other information	OBS 1 pt	BAS 2 pt	PRO 3 pt	KNW 2 pt	Evaluator's Signature/Initials
Use of platelet rich plasma						
Use of IRAP						
Use of stem cells						
Use body condition score, caloric counts and nutritional counseling for weight management use/knowledge of supplements and herbs						
Appropriately use nutraceuticals for managing pain						
If you are using other skills pertaining to analgesia and would like to include them on this form, please email <a href="mailto:info@ivapm.org">info@ivapm.org</a> with the skill information and we will assess it before the form is submitted. Knowledge of pharmaceutical analgesia will be tested on the exam so please don't list systemic drug administration here.						
<b>Technician/Nurse Specific Skills</b> This section is NOT to be used by veterinarians. The knowledge/skills here are expected of a veterinarian but may be new to - or all that is allowed for - technicians/nurses. Remember, technicians can use all of the other skills listed in this form if they are allowed for technicians in your country or state and in your clinic. The 'observed' column is not available in this section – these are skills that you should be doing or should know everything about them.						
Use of any of these skills:	Species, drugs, 'doses' of laser, or other information	X	BAS 2 pt	PRO 3 pt	KNW 2 pt	Evaluator's Signature/Initials
Topical lidocaine cream, gel, spray or patch						
In consultation with the veterinarian, choose drugs for analgesic infusions						
Calculation of analgesic infusions						

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Set-up of analgesic infusion to be administered from a fluid bag or via a syringe pump						
Identify landmarks for local anesthetic block (list block in next column)						
Identify landmarks for a second local anesthetic block (list block in next column)						
Identify landmarks for a third local anesthetic block (list block in next column)						
Identify landmarks for a fourth local anesthetic block (list block in next column)						
Identify landmarks for acupuncture points for needle placement or acupressure for a specific pain diagnosis (eg, pain in the forelimb)						
Identify landmarks for acupuncture points for needle placement or acupressure for a second pain diagnosis (eg, lumbosacral or neck pain)						
Evaluate pelvic and thoracic limb reflexes						
'Dose' calculation for extracorporeal shockwave treatment						
'Dose' calculation for electrical stimulation TENS or NMES						
'Dose' calculation for therapeutic ultrasound with or without phonophoresis						
<p><b>Equine and some Ruminant Specific Skills:</b> Pain identification, prevention and treatment are important in all species so this list isn't shorter because these species aren't important but because most CVPP applicants treat dogs/cats. But this list will expand as we get more interest in other species! Remember that many skills listed elsewhere in this document can be used in horses/ruminants so this is not a complete list.</p>						
Use of lameness scales like AAEP or BEVA (write name of scale(s) in next column). Use of equine grimace, colic scale, etc should be listed in the assessment section.	Scale, tool, block, etc (any info on what skills you are using)	OBS 1 pt	BAS 2 pt	PRO 3 pt	KNW 2 pt	Evaluator's Signature/Initials
Identify/use scale for colic pain (list scale)						
Assess for/identify dental pain						

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Assess for/identify gastric ulcer pain						
Use of hoof testers to assess hoof pain						
Application of frog support						
Utilize/discuss proper bit fit						
Utilize/discuss proper saddle fit						
Correctly use ice boots for hoof pain						
<b>LOCAL/REGIONAL ANESTHESIA</b> (more choices in 'any species' section of this form)		OBS 1 pt	BAS 2 pt	PRO 3 pt	KNW 2 pt	Evaluator's Signature/Initials
Palmar digital and/or abaxial nerve blocks						
'Low' or 'high' palmar nerve block						
Other equine specific blocks (list in next column)						
Claw blocks (cattle, goats, camelids)						
Cornual +/- Infratrochlear blocks (cattle, goats)						
Other specific cattle/goats blocks (list in next column)						
Specific blocks in other species (list in next column)						
<p>FEEDBACK! The method of identifying and scoring points is new to IVAPM and we want your feedback! If you give us your opinion, list skills that should be added, skills that should be deleted, etc..., you can add 2 free points to your point total from your skills! Your ARN number will be matched to your name by our office staff but the CVPPs involved in the test will not know your identity so speak freely! Tell us what you think:</p>						
						<b>TOTAL SKILLS POINTS</b>

Evaluator(s) Name/Credentials and Contact email and/or phone. List names/contact info for all evaluators (if more than one used).

NAME/CREDENTIALS	CONTACT INFORMATION
NAME/CREDENTIALS	CONTACT INFORMATION
NAME/CREDENTIALS	CONTACT INFORMATION

Evaluator's Printed Name: \_\_\_\_\_

**ARN #:** \_\_\_\_\_

Evaluator's Signature: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Country: \_\_\_\_\_ Zip: \_\_\_\_\_

Degrees/Specialties/Certifications (please specify certification program):

\_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_