

Pain Management for Procedures in Women's Health

Objectives

- Identify evidence-based pharmacologic and nonpharmacologic pain-management interventions for common in-office gynecologic procedures
- Apply shared decision-making principles to discuss pain-management options with patients
- Recognize the impact of systemic racism, bias, and trauma on pain perception and management
- Implement strategies to promote equitable care for diverse patient populations and their unique pain management needs
- Develop anticipatory guidance and preprocedural counseling strategies to improve patient experience and satisfaction
- Understand the principles of trauma-informed and person-centered care
- Identify pain management strategies for IUD placement
- Optimize clinical practices for IUD placement

Content Outline

1. Pain Management in Gynecologic Procedures
 - A. Overview of common in-office procedures
 - B. Importance of addressing pain and patient autonomy
 - C. Definition and subjective nature of pain
2. Evidence-Based Pain Management Options
 - A. Pharmacologic interventions
 - B. Nonpharmacologic approaches
 - C. Procedure-specific recommendations
3. Shared Decision-Making and Patient-Centered Care
 - A. Addressing Health Disparities
 - B. Enhancing Patient Education and Anticipatory Guidance
4. IUD Placement and Associated Pain
 - A. Overview of IUD types and benefits
 - B. Barriers to IUD uptake due to pain and anxiety
 - C. Importance of addressing pain during placement
5. Trauma-Informed and Person-Centered Care
 - A. Principles of trauma-informed care
 - B. Shared decision-making and patient autonomy
6. Pain Management Strategies for IUD Placement
 - A. Nonpharmacological Approaches
 1. Therapeutic language and verbal analgesia
 2. Environmental modifications
 3. Complementary techniques
 4. Clinical practice to enhance comfort
 - B. Pharmacological Interventions
 1. NSAIDs
 2. Topical anesthetics
 3. Intracervical and paracervical blocks

Reading Material Resources – Page 2

Reading Material Resources

Module WB2726: Pain Management for Procedures in Women's Health is based on the resources listed below. A copy of each resource is included with the module.

Pain Management for In-Office Uterine and Cervical Procedures, ACOG Committee on Clinical Consensus-Gynecology, Obstetrics & Gynecology, Vol. 1, No.1, July 2025, e1-e17

Best practices for reducing pain associated with intrauterine device placement, Bayer, et al., American Journal of Obstetrics & Gynecology, May 2025, 409-421