

Pain Management Nursing (PMGT-BC™)

Board Certification Examination

Test Content Outline

Effective Date: February 5, 2024

This test content outline lists the knowledge and skills identified as being important for the role, as determined by the most recent role delineation study. The number of questions in each of the major categories of the scored portion of the examination are shown below.

Note: The examples in parentheses are not all-inclusive and do not indicate importance but are simply to provide clarification and guidance for studying.

There are **150 questions** on the examination. Of these, **125 are scored questions** and **25 are pretest questions** that are not scored. Performance of pretest questions is evaluated and used to determine if they will be used in the scored portion of the examination. The pretest questions cannot be distinguished from those that will be scored, so it is important for a candidate to answer all questions. A candidate's score, however, is based solely on the 125 scored questions. Performance on pretest questions does not affect a candidate's score.

CONTENT DOMAIN	NUMBER OF QUESTIONS	PERCENTAGE
I. Fundamentals of Pain	55	44%
II. Interventions	53	42%
III. Professional Practice	17	14%
TOTAL	125	100%*

55 questions; 44%

I. Fundamentals of Pain

A. Science of Pain

Knowledge of:

1. Nociceptive, neuropathic, and nociplastic pain
2. Acute, chronic, and persistent pain
3. Pain management models and theories
4. Physiologic mechanisms of pain (eg, transduction, transmission, perception, and modulation)
5. Etiology of pain
6. Pain diagnoses and syndromes
7. Physiological and psychological effects of uncontrolled pain

B. Assessment

Knowledge of:

1. Pain descriptors and characteristics
2. Pain history
3. Pain assessment techniques, scales, and tools
4. Quality-of-life and functional ability
5. Coping mechanisms and support systems

Skill in:

6. Monitoring and reassessment of pain and functional status
7. Potential barriers to pain management
8. Risk assessment of substance use disorder

53 questions; 42%

II. Interventions

A. Plan of Care

Skill in:

1. Patient-centered plan of care and treatment goals
2. Multimodal pain management strategies
3. Interdisciplinary collaboration

B. Pharmacological Treatment

Knowledge of:

1. Non-opioid analgesics
2. Opioid analgesics
3. Adjuvant medications
4. Herbs and supplements
5. Routes of administration

Skill in:

6. Medication safety and misuse

7. Medication conversion and equivalence
8. Side effect prevention and management (eg, oversedation, epidural hematoma, local anesthetic toxicity, post-dural puncture headache (PDPH))

C. Non-Pharmacologic Treatment

Knowledge of:

1. Physical treatment modalities (eg, exercise, massage, positioning, environment)
2. Cognitive and behavioral treatment modalities (eg, psychotherapy, spirituality)
3. Complementary and integrative therapies (eg, biofeedback, reiki, acupuncture, aromatherapy)

Skill in:

4. Pain management interventions (eg, implantable devices and interventional procedures)
5. Safety considerations and potential complications

17 questions; 14%

III. Professional Practice

A. Education and Advocacy

Skill in:

1. Patient, caregiver, and family education
2. Therapeutic communication techniques
3. Cultural and other demographic considerations

B. Ethics and Regulatory Principles

Knowledge of:

1. Scope, standards, guidelines, and ethics

Skill in:

2. Crisis and emergency response

Updated: September 16, 2026