



Postgraduate Study in Occupational Therapy

Pain Management

Occupational therapists see many patients/clients for whom pain is a major problem. The focus for occupational therapists is to promote function through effective pain management and to reduce disability so that clients/patients can participate in daily activities and roles. To be effective, occupational therapists must utilise evidence-based practice when developing their knowledge of pain and pain management. A cognitive behavioural approach and strong critical reasoning is emphasised. This course is designed to ensure participants have sufficient skills and knowledge to practice in the area of pain management.

LEARNING OUTCOMES

At the completion of this course students will be able to:

- Assess the pain experience and resulting therapeutic needs for an individual according to an occupational therapy framework and a biopsychosocial model of pain
- Discuss the differences between acute and chronic pain, drawing on this knowledge when determining appropriate assessments and developing pain management programmes
- Evaluate the use of a person-centred perspective to formulate collaborative intervention strategies consistent with an occupational therapy perspective. A cognitive-behavioural approach will be emphasised.

CONTENT AND PROCESS

The selection of the content is based on the International Association for the Study of Pain Outline Curriculum on Pain for Schools of Occupational Therapy.

- Introduction: definition, epidemiology and complexities of pain. Role of the occupational therapist within an interdisciplinary team.
- Nature of pain/models of pain: acute, recurrent and chronic pain. Context, assessment, measurement and management of pain. Common pain problems. Context of service delivery.

ASSESSMENT

Case study of one individual presenting with pain.

Course dates: 26 July—19 November 2009

Indicative Fee: \$990.00 (plus \$45.00 OPISA and internet connection fee)

LECTURER PROFILE

BRONWYN THOMPSON



I have developed and will teach the pain management course. To introduce myself my first qualification is in occupational therapy and then I went on to complete an MSc in Psychology while working as an advisor for the Pain Management Centre, Burwood Hospital. I'm currently employed as a Musculoskeletal Health Advisor for Christchurch Hospital, where I implement primary prevention strategies for health care staff.

My experience in teaching about pain management comes from my other role, that of Clinical Senior Lecturer with the Department of Orthopaedic Surgery and Musculoskeletal Medicine. It is in this role that I became aware of the numbers of therapists looking to develop their knowledge of pain management. I'm excited about the possibilities afforded by this course—one specifically targeted to the learning needs of therapists as opposed to those of doctors. By the way, my research and teaching interests are in musculoskeletal pain and the biopsychosocial model, as it applies to individuals at work

* Course offered subject to minimum enrolments

Who do I contact for more information and an enrolment pack?

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