

PHTH 622 INTEGRATED PAIN MANAGEMENT

Credits: 3

Prerequisites: Successful completion of all U3/qualifying year courses including Clinical Affiliation requirements

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Office hours by appointment and held online

Course Description: This M1 entry-level physiotherapy course focuses on understanding and managing complex and chronic pain conditions. Through lectures, personal reflection, interactive class activities, case study analyses, quizzes, assignments, clinical reasoning workshops and simulation activities, students will develop a conceptual framework for approaching the clinical assessment and management of pain and pain-related disability. By the end of the course, students will be ready to apply this framework within clinical settings.

Course Structure: Classes will be held twice a week and will regularly include interactive activities.

Student Learning Objectives: This course will cover essential competencies and milestones related to the domains Physiotherapy Expertise, Communication, Scholarship and Professionalism. Upon completion of this course, the student will be able to:

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Learning objectives	Milestones
<p>1. Develop and apply a conceptual framework for understanding pain and pain-related disability</p>	<p>1.1.1 Act in a manner that respects client uniqueness, diversity and autonomy, and is in the client’s best interest.</p> <p>1.1.4 Empower client to engage in their own care.</p> <p>1.1.5 Build and maintain rapport and trust with the client.</p> <p>1.1.6 Ensure ongoing, informed client consent.</p> <p>1.2.4 Monitor and respond to client’s physical and emotional state throughout care.</p> <p>2.1.2 Listen actively, to build trust and foster exchange of information.</p> <p>2.1.3 Use and respond to body language appropriately.</p> <p>2.1.4 Give and receive feedback in a constructive manner.</p> <p>2.3.1 Adjust communication strategy consistent with purpose and setting.</p> <p>2.3.5 Share information empathetically and respectfully.</p> <p>6.1.2 Incorporate client context into clinical decision making.</p> <p>6.1.3 Incorporate personal knowledge and experience into clinical decision-making.</p> <p>7.4.1 Behave with honesty and respect for others.</p> <p>7.4.2 Behave in a manner that values diversity.</p> <p>7.4.3 Work within physiotherapy scope of practice and personal level of competence.</p>

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Learning objectives	Milestones
<p>2. Understand and apply pain assessment strategies</p>	<p>1.3.1 Interview client to obtain relevant information about health conditions, and personal and environmental factors.</p> <p>1.3.2 Determine client’s expectations, and their relevance to physiotherapy.</p> <p>1.3.4 Identify comorbidities that impact approach to assessment.</p> <p>1.3.5 Identify urgent health conditions that require immediate attention and take appropriate action.</p> <p>1.3.6 Identify non-urgent health-related conditions that may benefit from referral to other services, and advise client accordingly.</p> <p>1.3.7 Select and perform appropriate tests and measures.</p> <p>1.4.1 Interpret assessment findings and other relevant information.</p> <p>1.4.2 Identify client’s body structure and function impairments, activity limitations and participation restrictions.</p> <p>1.4.4 Develop a working prognosis.</p> <p>1.4.5 Determine if physiotherapy is indicated.</p> <p>1.4.6 Determine if referral to another physiotherapist or another provider is indicated.</p>

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Learning objectives	Milestones
3. Understand and apply treatment strategies for managing pain and pain-related disability	1.5.1 Establish physiotherapy goals. 1.5.2 Determine an intervention plan. 1.5.3 Implement planned interventions. 1.5.4 Assist client to develop self-management skills. 1.5.5 Monitor and respond to client status during interventions. 1.5.6 Reassess client status and needs as appropriate. 1.5.7 Modify intervention plan as indicated. 1.6.1 Evaluate client outcomes and goal attainment. 1.6.2 Develop a discharge or transition of care plan. 1.6.3 Prepare client for discharge or transition of care.

Course Content and Schedule

Class #, venue and date	Themes to address in class	Preparation, participation activities, quizzes and assignments (see MyCourses for details)
Class #1	Introduction <ul style="list-style-type: none"> • What are complex pain conditions and how are they effectively managed? • Why is pain important? • How will this course be organized and how is it related to my previous learning? 	Preparation: <ul style="list-style-type: none"> • Purchase textbook Assignments <ul style="list-style-type: none"> • Submit Assignment #1 by XXX

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Class #, venue and date	Themes to address in class	Preparation, participation activities, quizzes and assignments (see MyCourses for details)
Class #2 Clinical Reasoning Workshop See MyCourses for personalized schedule	Clinical Reasoning Workshop <ul style="list-style-type: none"> • What influences my experiences of pain? • How do my experiences of pain compare to the experience of others? 	Participation activities: <ul style="list-style-type: none"> • Complete all workshop activities and submit data
Class #3	How pain works <ul style="list-style-type: none"> • How is pain processed by the nervous system? • How do psychological, social and cultural factors influence pain? • How do pain and disability relate? 	Quiz: <ul style="list-style-type: none"> • Complete quiz 1 by XXX
Class #4	Pain assessment 1 <ul style="list-style-type: none"> • How do we conceptualize pain measurement? • What are the principles of clinical pain assessment? • How can assessment principles and tools be applied to practice? 	
Class #5	Pain assessment 2	Quiz: <ul style="list-style-type: none"> • Complete quiz 1-hour prior to start of class
Class #6	Pain assessment 3 <ul style="list-style-type: none"> • How can assessment principles and tools be applied to practice? 	Assignments Submit Assignment #2 by XXX
Class #7	Pain management 1 <ul style="list-style-type: none"> • What are the principles of clinical pain management? • What clinical interventions can be used to help manage pain and pain-related disability? • What are the clinical skills needed to manage pain and disability? 	Quiz: Complete quiz by XXX

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Class #, venue and date	Themes to address in class	Preparation, participation activities, quizzes and assignments (see MyCourses for details)
Class #8	Pain management 2	
Class #9	Pain management 3	Quiz: Complete quiz by XXX
Class #10	Pain management 4	Assignments Submit Assignment #3 by XXX
Class #11	Pain management 5	Quiz: <ul style="list-style-type: none"> • Complete quiz by XXX
Class #12	Integration and application	Assignments Submit Assignment #4 by XXX
Class #13	Integration and application	
Class #14	Wrap up and review	
Final written exam: Date and location TBD		

Course Materials:

- **Required text:** Explain Pain, Second edition, by David Butler and Lorimer Moseley. Noi group Publications, ISBN: 978-0-9873426-6-9 E-book available at <http://www.noigroup.com/en/product/epbii>
- **Additional readings:** Assigned readings will be available on MyCourses

Copyright of course materials: Instructor generated course materials (e.g., handouts, notes, summaries, exam questions, etc.) are protected by law and may not be copied or distributed in any form or in any medium without explicit permission of the instructor. Note that infringements of copyright can be subject to follow up by the University under the Code of Student Conduct and Disciplinary Procedures.

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Student Assignment and Evaluation:

Assignment/Evaluation	Value	Due Date	Milestones Assessed
Participatory activities	10%		N/A
Pre-class quizzes	20%		N/A
Assignments	40%		1.3.1 Interview client to obtain relevant information about health conditions, and personal and environmental factors. 1.3.2 Determine client's expectations, and their relevance to physiotherapy. 1.3.4 Identify comorbidities that impact approach to assessment. 1.3.5 Identify urgent health conditions that require immediate attention and take appropriate action. 1.3.6 Identify non-urgent health-related conditions that may benefit from referral to other services, and advise client accordingly. 1.3.7 Select and perform appropriate tests and measures. 1.4.1 Interpret assessment findings and other relevant information. 1.4.2 Identify client's body structure and function impairments, activity limitations and participation restrictions. 1.4.4 Develop a working prognosis. 1.4.5 Determine if physiotherapy is indicated. 1.4.6 Determine if referral to another physiotherapist or another provider is indicated. 1.5.1 Establish physiotherapy goals. 1.5.2 Determine an intervention plan. 1.5.3 Implement planned interventions. 1.5.4 Assist client to develop self-management skills. 1.5.5 Monitor and respond to client status during interventions. 1.5.6 Reassess client status and needs as appropriate. 1.5.7 Modify intervention plan as indicated. 1.6.1 Evaluate client outcomes and goal attainment. 1.6.2 Develop a discharge or transition of care plan. 1.6.3 Prepare client for discharge or transition of care.

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Assignment/Evaluation	Value	Due Date	Milestones Assessed
Final written exam	30%		1.3.1 Interview client to obtain relevant information about health conditions, and personal and environmental factors. 1.3.2 Determine client’s expectations, and their relevance to physiotherapy. 1.3.4 Identify comorbidities that impact approach to assessment. 1.3.5 Identify urgent health conditions that require immediate attention and take appropriate action. 1.3.6 Identify non-urgent health-related conditions that may benefit from referral to other services, and advise client accordingly. 1.3.7 Select and perform appropriate tests and measures. 1.4.1 Interpret assessment findings and other relevant information. 1.4.2 Identify client’s body structure and function impairments, activity limitations and participation restrictions. 1.4.4 Develop a working prognosis. 1.4.5 Determine if physiotherapy is indicated. 1.4.6 Determine if referral to another physiotherapist or another provider is indicated. 1.5.1 Establish physiotherapy goals. 1.5.2 Determine an intervention plan. 1.5.3 Implement planned interventions. 1.5.4 Assist client to develop self-management skills. 1.5.5 Monitor and respond to client status during interventions. 1.5.6 Reassess client status and needs as appropriate. 1.5.7 Modify intervention plan as indicated. 1.6.1 Evaluate client outcomes and goal attainment. 1.6.2 Develop a discharge or transition of care plan. 1.6.3 Prepare client for discharge or transition of care.

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Description of evaluation activities:

- **Participatory activities** are designed to reward engagement in specific class activities. Marks will be based on accuracy and completion. The number and timing of participation activities are subject to change. Each activity will be equally weighted. Details for completing participatory activities will be posted on MyCourses.
- **Quizzes** are designed to evaluate student understanding of preparatory material. Quizzes are to be completed one hour prior to every class for which preparatory material has been assigned. In order to accommodate the class's progression through the course, the number and timing of quizzes is subject to change. All quizzes will be equally weighted. Quizzes will be posted and completed via MyCourses.
- **Assignments** are designed to evaluate student understanding and application of completed course material. A total of four assignments will be assigned. Assignment 1 will count for 5% of the final mark, while Assignments 2, 3 and 4 will each count for 10%. In order to accommodate the class's progression through the course, the timing of assignments is subject to change. Assignments will be posted and submitted via MyCourses.
- **The final written exam** evaluates understanding and application of course material.
- **The final practical exam** evaluates performance of clinical skills addressed in class.

*Participation graded by polling will be delayed until the end of the add/drop period.

***The content and/or evaluation scheme in this course is subject to change.**

Special Requirements for Course Completion and Program Continuation: In order to pass the course, a grade of at least B- (65%) must be obtained as a total course mark. Please refer to [Section 1.6 Examinations, of the 2020-2021 McGill University Health Sciences Calendar](#) for information on University regulations regarding final examinations and supplementals.

This course falls under the regulations concerning theoretical and practical evaluation as well as individual and group evaluation. Please refer to the section on Marks in the Rules and Regulations.

Plagiarism/Academic Integrity: McGill University and the Faculty of Medicine value academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the [McGill University Code of Student Conduct and Disciplinary Procedures](#) and the [Faculty of Medicine Code of Conduct](#).

L'université McGill attache une haute importance à l'honnêteté académique. Il incombe par conséquent à tous les étudiants de comprendre ce que l'on entend par tricherie, plagiat et autres infractions académiques, ainsi que les conséquences que peuvent avoir de telles actions, selon le [Code de conduite de l'étudiant et des procédures disciplinaires](#).

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Attendance: Students are required to attend all scheduled classes.

Right to submit in English or French written work that is to be graded: In accord with McGill University's Charter of Students' Rights, students in this course have the right to submit in English or in French any written work that is to be graded.

Conformément à la Charte des droits de l'étudiant de l'Université McGill, chaque étudiant a le droit de soumettre en français ou en anglais tout travail écrit devant être noté (sauf dans le cas des cours dont l'un des objets est la maîtrise d'une langue).

Consequences of Not Completing Assignments as Requested: An individual who does not complete a required assignment and does not have a university recognized reason for deferral would receive a 0 in that portion of the evaluation.

Dress Code: Students are expected to demonstrate professional behaviour and wear appropriate attire at all times, in accordance with clinical sites specific regulations.

Technology in Class: Your respectful attentive presence is expected, therefore while you are permitted to use your laptop in class, it is understood that you will not be using your laptop or cell phone for social purposes during class time (e.g. email, msn, sms, social media). Your cell phone should be on silent during class time and phone calls should only take place during the break or after class.

Disability: If you have a disability please contact the instructor to arrange a time to discuss your situation. It would be helpful if you contact the [Office for Students with Disabilities](#) at 514-398-6009 before you do this.

Course evaluations: End-of-course evaluations are one of the ways that McGill works towards maintaining and improving the quality of courses and the student's learning experience. You will be notified by e-mail when the evaluations are available. Please note that a minimum number of responses must be received for results to be available to students.

Additional policies governing academic issues which affect students can be found in the [Academic Rights and Responsibilities](#)

In the event of extraordinary circumstances beyond the University's control, the content and/or evaluation scheme in this course is subject to change.

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