

## PHTH 622 Integrated Pain Management

**Credits:** 3

**Instructor:** Lesley Singer BSc PT, MSc

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

**Course Description:** Physical Therapy: Assessment and treatment of chronic pain syndromes.

**Course Structure:** This lecture/seminar course takes place in the fall term, three (3) hours per week once a week for 15 weeks. Students will attend lectures, participate in problem-solving sessions and case presentations.

**Course Material:** The required readings will be provided with the lecture material on the course website

**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.

### **Learning Outcomes:**

On completion of this course, the student will:

- a. Differentiate the mechanisms of acute, sub acute, and chronic pain conditions in terms of pathophysiology, assessment and treatment
- b. Recognize the factors which can contribute to an acute or sub acute pain presentation becoming a chronic condition and the role of the physiotherapist in decreasing the incidence.
- c. Understand how the biological, psychological, social and environmental factors contributing to the chronic pain experience and why the gold standard for care is the interdisciplinary approach.
- d. Demonstrate good listening skills to establish the history for the assessment of the patient with chronic pain and to be able to demonstrate empathy towards this patient.

- e. Develop the skill to evaluate a patient with chronic pain
- f. Know how to use and interpret some of the tools used as either assessment or outcome measures tools
- g. Integrate the anatomical and neurophysiological bases of pain perception with the patient experience gathered in the assessment to establish an evidence based treatment plan based on neuroplasticity using an interdisciplinary approach
- h. Recognize the role of beliefs, attitudes and behaviours of patients and use appropriate tools to assess them and then use the results to formulate an appropriate treatment plan
- i. Understand the importance of a self assessment of beliefs attitudes and behaviors of chronic pain and the need to recognize the impact they can have on treatment
- j. Know how to work in a team, to interact with other professionals in the management of chronic pain and plan interventions for chronic pain
- k. Use clinical reasoning to re-evaluate and modify the intervention as required...
- l. Analyze and discuss ethical issues related to traditional, alternative, and complementary therapies in a professional manner.
- m. Evaluate and analyze chronic pain with respect to special populations: eg. geriatrics, paediatrics, fibromyalgia.
- n. Understand and manage wound care.

**Instructional Methods:** The instructional approaches used in this class include lectures, self reflection, literature readings, case studies, cooperative learning, group activities, group projects, and individual and/or group presentations.

### **Student assignments and evaluations**

|  |     |
|--|-----|
| Four (4) Workshops (1 <sup>st</sup> workshop not graded) | 25% |
| Case (Written presentation)                              | 30% |
| Poster   | 30% |
| Poster presentation                                      | 10% |
| Attitudes and Beliefs scale (ABS-mp) x 2                 | 5%  |

The attitudes and beliefs scale is done in the first and last week of the course

## **Method of assessment :**

### **1) Student workshops (25%)**

- a. Students will work in self-selected groups (see next point) of five to six, subject to approval by the professor. They will be given a case at the beginning of the semester which will serve as the case for that group for the semester. All workshop assignments will be based on that case.
- b. The Group lists must be submitted before Sept 17, 2013 Workshop assignments will be given at the workshop for that week. Assignments are due two weeks following each workshop.
- c. Assignments which are late are subject to a penalty of 2% per day.

### **2) Case (written presentation) (30%)**

- a. Case presentation is a written comprehensive review of your case developed through the workshops and lectures. It should include:
  - your case history;
  - any relevant information for the pathology/psychosocial factors/beliefs and attitudes;
  - names of any assessment tools you decided to use
  - a description of how you will manage this case from start to finish
  - any other comments you may wish to add.
- b. This should be developed through the semester and handed in via desire 2learn final assignment.  
This final assignment is due Nov. 30. There will be a penalty of 2% for each day it is late.

### **3) Poster (30%)**

- a. The poster must be brought to class November 26, 2013 to present to the class and handed in the same day for marking.
- b. The poster will be marked according to the grid provided below.

## Grid for Poster

|                              |      |
|------------------------------|------|
| Overall appearance of poster | 2.5% |
| Organisation of poster       | 2.5% |
| Case pathology and history   | 2.5% |
| assessment                   | 5%   |
| impression                   | 5%   |
| management                   | 5%   |
| discharge                    | 5%   |
| Management of case           | 2.5% |

### 4) Poster presentation (10%)

- a. The poster will be presented to the class and each group will be expected to speak for between 15-18 minutes depending on group size.
- b. Each member must speak and will be marked according to their professionalism (2%), organization (2%), comprehensibility of material (2%), flow of material (2%), and staying within timeframe (2%).

### 5) ABS-mp (5%)

- a. Each student will be expected to submit the ABS-mp twice during the semester (due by Sept 15 and Dec 3)
- b. Students must fill in the ABS-mp by say of desire2learn survey
- c. Students must fill in both submissions to get the 5%

**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 the appropriate section in the Health Sciences Calendar on University regulations regarding final and supplemental examinations.

**Plagiarism/Academic Integrity:** "McGill University values academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the Code of Student Conduct and Disciplinary Procedures (see [www.mcgill.ca/students/srr/honest/](http://www.mcgill.ca/students/srr/honest/) for more information.)

**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.

**Attendance:** Students are required to attend all scheduled classes. Students who have missed more than 10% of laboratory or small group sessions, or who miss any required professional workshop or seminar, without prior approval, will receive 0/10 for participation in the course. This rule applies to labs and to all required workshops, seminars or professional activities.

**Consequences of not completing assignments as requested:** An individual who does not complete a required assignment and who does not have a university recognized reason for deferral will receive a 0 (zero) in that portion of the course. Assignments submitted late will receive a deduction of 2% per day, including week-ends.

**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.

**Dress Code:** Professionalism with respect to dressing is encouraged throughout the course of the semester. It is each student's responsibility to have appropriate attire during all class assignments and learning activities.

**Course evaluations:** End-of-term 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 on Mercury, the online course evaluation system. Please note that a minimum number of responses must be received for results to be available to students.

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

Course Content (by week based on 15 weeks) in Room TBA

| Date                          | Lecturer                      | Lecture          | Topic   |
|-------------------------------|-------------------------------|------------------|---|
| Tues Sept.3<br>8:30-11:30     | L Norris                      | 1                | A) History of pain/Introduction – Definitions and conceptual framework for pain and psychosocial rehabilitation/ Role of the PT/<br>B) Acute pain: post surgical/ICU/rehab and prevention of chronic pain |
| Tues Sept 10<br>8:30-11:30    | L.Norris                      | 2                | A) Psychosocial constructs in chronic pain and the biopsychosocial model<br>B) Workshop 1/what is the role of the PT in pain management   |
| Tues Sept 17<br>8:30-11:30    | L. Norris                     | 3                | A) Pain beliefs of clinicians<br>B) Pain beliefs of patients /SOPA-B<br>Workshop discussion and think/groups / share on past two topics   |
| Tues Sept 24<br>8:30-11:30    | D Lussier                     | 4                | A) Pain in geriatrics<br>B) pharmacology and the chronic pain patient   |
| Tues Oct 1<br>8:30-11:30      | L Norris<br>L. Norris         | 5                | A) Assessment tools<br>B) Motivational interviewing workshop  |
| Tues Oct 8<br>8:30-11:30      | L Norris                      | 6                | A) Pain management / education /CBT in physiotherapy<br>A) Exercise: Graded activities/graded exposure/work rehab   |
| Tues Oct 15<br>8:30-11:30     | L Norris                      | 7                | B) Graded motor imagery/modalities<br>C) Workshop pain management   |
| Tues Oct 22<br>8:30-11:30     | L. Norris                     | 8                | A) Low Back pain/ WAD pain best practices<br>B) / what is recovery?   |
| Tues Oct 29<br>8:30-11:30     | ???<br>F Cosia/<br>P. Mazzone | 9                | A) Pain in Pediatrics<br>B) Fibromyalgia  |
| Tues Nov 5<br>8:30-11:30      | S Marshall/<br><br>L. Norris  | 10               | A) The Healthcare system/self management programs<br>B) Workshop/ preparing for discharge   |
| WEDNESDAY<br>NOV 6 8:30-11:30 | GUEST<br>SPEAKER              | ID 11<br>Class * | IPE Alzheimer Compulsory Interdisciplinary room to be announced   |
| Tues Nov 12<br>8:30-11:30     |                               | 12               | Wound management  |
| Tues. Nov 19<br>9:30-11:30    | ???                           | 13               | Patient presentation  |
| Tues Nov 26<br>8:30-11:30     |                               | 14               | Poster Presentation   |
| Tues Dec 3<br>8:30-11:30      |                               | 15               | Wrap up   |