

Online Certificate in Pain Management

Effective, evidence-based
management of pain conditions



UNIVERSITY OF ALBERTA
FACULTY OF REHABILITATION MEDICINE

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ONLINE CERTIFICATE IN PAIN MANAGEMENT

PAIN EDUCATION

The number of individuals suffering from chronic pain is projected to increase dramatically over the coming decades. This makes it imperative that professionals be educated in effective, evidence-based assessment and treatment of pain conditions. Unfortunately, there is little formal education devoted to pain education in health-care training programs in Canada. The Online Certificate in Pain Management provides an opportunity for interdisciplinary groups to address many of the issues related to pain.

PROGRAM ELIGIBILITY

Students must meet the Faculty of Graduate Studies and Research (FGSR) requirements for entry into certificate programs. Students will be enrolled as graduate students in the Faculty of Rehabilitation Medicine. This program is geared towards professionals in medicine, physical therapy, occupational therapy, nursing, pharmacy, psychology, social work and other related health professions.

PROGRAM REQUIREMENTS

The program requires completion of three graduate-level courses, totaling nine credits. The courses must be taken in order, with the earlier courses being a pre-requisite of enrollment in subsequent courses. Successful completion of the courses will be noted on a University of Alberta transcript and a certificate will be granted by the University of Alberta's Faculty of Graduate Studies and Research. The letters GCertPain may be used to designate program completion.

PROGRAM OVERVIEW

Students completing the Online Certificate in Pain Management will:

- understand the importance of an interdisciplinary approach in managing pain through an understanding of the unique and shared roles and responsibilities of various professionals,
- use critical thinking and evidence-based approaches to develop assessment and treatment plans, with an emphasis on complex/chronic pain, and
- use a bio-psycho-social clinical reasoning framework, which integrates information across models in the assessment and treatment of pain.

REHAB 535

THE NATURE OF PAIN

(3 credits)

Pain is a major factor impacting quality of life and will continue to become more so as the average lifespan increases. Understanding the multi-dimensional nature of pain and its broad impact is critical to applying best practice in its assessment and treatment. This course will explore the neuroscience and physiology of various pain conditions, with application assessment and management principles. A range of theoretical perspectives underlying the individual's experience of pain across the continuum, from acute to complex/chronic, will be presented. The need for inter-professional collaboration for pain management will be introduced.

REHAB 536

ASSESSMENT AND MANAGEMENT OF PAIN

(3 credits)

This course will explore how pain is assessed, quantified and communicated, in addition to how the individual, the health system and society affect these activities. Building on foundations developed in REHAB 535, this course will present models and approaches to assessment and treatment for common pain conditions across the lifespan, with an emphasis on complex/chronic pain. Rationale for pharmacological and non-pharmacological interventions will be reviewed in the context of assessment and outcome assessment. Participants will discuss best practice roles and evidence-based roles and interventions for each of the health professionals involved in the collaborative inter-professional assessment and management of chronic pain.

PRE-REQUISITE:
REHAB 535

REHAB 537

INTEGRATING AND IMPLEMENTING PAIN MANAGEMENT MODELS

(3 credits)

This course will provide an opportunity for students to integrate and apply information presented in REHAB 535 and 536 using standardized assignments with real and/or simulated patients as a base from which to develop an evidence-based, collaborative and inter-professional assessment and treatment program of chronic pain and disability.

PRE-REQUISITE:
REHAB 535 & 536

- Formal studies/university degree courses are eligible for certified self-learning credits through the College of Family Physicians of Canada (CFPC). These activities are eligible for up to 20 certified self-learning credits per course.
- Pain certificate courses can be used towards credentialing through the Canadian Academy of Pain Management (CAPM). The pain certificate courses take the place of a CAPM course and exam, and partially meet the qualifications required for CAPM credentialing. Please note that there are additional requirements for clinicians who seek credentialing through CAPM.
- The Pain Certificate program has received the British Journal of Sports Medicine's (BJSM) stamp of approval for *Quality International Education*.
- The pain certificate courses are each pre-approved for 33 CEUs with the Vocational Rehabilitation Association (VRA) Canada.



A more pain-savvy health-care professional is needed to address the silent epidemic of chronic pain that affects one in four Canadians and costs the Canadian economy over five billion dollars per year. It is a fundamental human right that all patients should have timely access to appropriate pain management.

**Barry Sessle, Canada Research Chair and Professor
in the Faculties of Dentistry and Medicine at the University of Toronto**



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For further information about courses and course registration, please contact:

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