



PAIN FOUNDATIONS: COURSE INFORMATION

COURSE OVERVIEW

Pain Foundations is an online course designed to address the challenges faced by health care providers of all disciplines when assessing and treating people living with chronic pain. This course will enable health care providers to:

- Identify and recognize the underlying symptoms of acute and chronic pain from a biopsychosocial perspective
- Use tools to monitor the biopsychosocial impact on the patient and to reassess their pain management plan
- Implement non-pharmacological strategies to create a holistic treatment plan for people living with pain
- Learn to empower the patient to self-manage their own pain

COURSE DETAILS

Duration: 10 hours of learning. A certification of completion will be provided by Pain BC at the end of each unit and once you have completed course. Please note, you will have 1 month to complete the course from the time of enrolment.

Platform: Pain BC Online Learning Management System (LearnUpon), which is both desktop and mobile friendly. We recommend using the following browsers for optimal performance: Google Chrome, Firefox, IE Explorer. You should receive a course invite via email within 2-3 days of registering. If you have registered but do not receive an invite within this timeframe, please check your junk or spam folder before emailing learnersupport@painbc.ca.

What's included in the course:

5 learning units including resources and assessments.

- Unit 1: Lived Experience
- Unit 2: Physiology

- Unit 3: Biopsychosocial Pain Assessment
- Unit 4: Collaborative Pain Management & Team
- Unit 5: Pain Self-Management and Patient Support

ADDITIONAL NOTES

Please make sure to download the resources in each unit as you may not have access to them once the course is completed.

Please do not open multiple browser windows as this may cause incorrect grade calculation or errors in your course progression.