

Moving Through Pain Course Outlines

General Goals: Use practical knowledge and teaching resources when supporting people living with chronic pain to engage in gentle movement and relaxation as part of a self-management plan.

Audience: Healthcare professionals

Duration: Four hours

Pre-requisites: No pre-requisites but it is assumed that learners will have completed or are about to complete some post-secondary education in a social services or healthcare area.

Course Outlines:

By the end of this program, learners will be able to

- Recognize pain as a complex, subjective experience that is unique to each person
- Describe the changes that will take place in the nervous system when living with chronic pain and apply these concepts when supporting clients
- Reflect on the goals of pain management and the importance of function versus pain reduction
- Evaluate the role of movement education in pain management
- Apply the integrated biopsychosocial approach to deliver movement and mindfulness exercises to people living with pain

MODULE 1: Introduction to Pain

Unit 1: Before We Begin

1. Describe intentions of this program
2. Review the learning outcomes of this program
3. Identify the purpose of each of the modules in this program

Unit 2: Defining Pain

1. Recognize the purpose of pain
2. Contrast the biopsychosocial model and the enactive approach to pain
3. Break down the concept of pain

Unit 3: Acute to Chronic

1. Contrast acute and chronic pain
2. Discuss important factors that may contribute to the transition from acute to chronic pain

MODULE 2: The Complexity of Pain

Unit 1: Pain: Subjective Yet Real

1. Describe important non-physical factors associated with pain
2. Apply an integrated biopsychosocial lens when interacting with people living with pain
3. Identify ways to disrupt the Pain Spiral

Unit 2: Pain: Body or Mind

1. Describe the relationship between the brain and the pain experience.
2. Examine the body-self neuromatrix model
3. Correlate neuroplasticity with the pain experience

Unit 3: Managing Pain that is Chronic

1. Recognize chronic pain as a diagnosis in its own right
2. Define trauma and Trauma and Violence Informed Care
3. Describe the main goals of pain management
4. Identify how the four pillars of pain management can help people with pain to break the pain spiral

MODULE 3: Self-Management and Barriers to Movement

Unit 1: Introduction to Self-Management

1. Identify the benefits of supported self-management for managing chronic pain
2. Describe how pain education can help a person living with pain interrupt the Pain Spiral

Unit 2: Pacing and Gentle Movement

1. Describe the role of pacing and Spoon Theory to help a person living with pain maintain their energy levels
2. Identify the benefits of gentle movement for chronic pain

Unit 3: Barriers to Movement

1. Identify structural barriers to movement that people living with pain may experience
2. Apply the fear avoidance model in the context of movement-related chronic pain
3. Frame a person's journey according to the stages of change
4. Describe strategies for supporting people living with pain to overcome individual barriers to movement.

MODULE 4: Moving with Pain: A Safe and Educational Approach

Unit 1: Movement as Education

1. Identify the benefits of pain neuroscience education
2. Describe how movement can be an educational tool for people living with pain

Unit 2: Moving Safely with Pain

1. Identify the components of the Twin Peaks Model of Pain to recognize how the body uses pain as a mechanism of protection
2. Apply the seven stages to moving safely with pain

Unit 3: Moving Forward

1. Identify practices you can implement in your work with people living with pain to help them move safely

2. Commit to applying your knowledge of pain and chronic pain management in your future work.