

Pain Foundations Program Course Outline

Pain Foundations is an online program designed for health care providers, to improve their understanding of chronic pain and how to address the challenges of pain assessment and treatment. This practical, compact course allows learners to develop clinically relevant approaches to chronic pain management and develop a strong grounding in pain science to support further exploration.

Learning outcomes

The program will enhance basic knowledge of pain science, assessment, and management, emphasizing the use of compassion, collaborative communication skills, and trauma- and violence-informed practices.

Course outline

The Pain foundations program consists of two steps: Basic and advanced modules

Basic – approximately five Hours

The basic modules are mandatory in order to take the advanced ones.

Module 1: Introduction to Pain Foundations

- 1.1 The Pain Foundations Program
- 1.2 Defining Pain
- 1.3 Acute to Chronic Pain
- 1.4 Pain Management in Context
- 1.5 Practicing Cultural Humility

Module 2: Exploring Pain Beyond Body and Mind

- 2.1 Pain: It's Real
- 2.2 Pain: Body or Mind?
- 2.3 Different Brains Still Feel Pain
- 2.4 Communicating Effectively

Module 3: Living with Pain

- 3.1 Compassion and the Lived Experience of Pain
- 3.2 Trauma and Its Connection with Pain
- 3.3 Pain and the Self
- 3.4 Pain and Relationships
- 3.5 Pain from a Systemic Perspective
- 3.6 Moving Beyond Stigma

Advanced modules – approximately thirteen hours

The advanced modules require the completion of the basic modules, and unlike the basic, you can pick and choose which module to complete.

Module 4: Pain Physiology

- 4.1 Pain Classification
- 4.2 Altered Pain Perception
- 4.3 The Role of the Nervous System
- 4.4 Pain Modulation and Sensitization
- 4.5 The Brain and Pain
- 4.6 Changes in Body Functioning

Module 5: Biopsychosocial Pain Assessment in Clinical Settings

- 5.1 Biopsychosocial Approach to Pain Assessment
- 5.2 Pain Assessment - The OPQRSTUV Tool
- 5.3 Unidimensional and Multidimensional Pain Assessment Tools
- 5.4 Specialized Assessment Tools

Module 6: Collaborative Pain Care

- 6.1 Treating Pain That is Chronic
- 6.2 Readiness to Change
- 6.3 Stages of Change
- 6.4 Pharmacological Treatment Options
- 6.5 Complementary and Alternative Pharmacological Options
- 6.6 Medical Interventions

Module 7: Pain Self-Management

- 7.1 Overview of Supported Self-Management of Chronic Pain
- 7.2 Pain Education
- 7.3 General Supported Self-Management Strategies

- 7.4 Gentle Movement, Healthy Eating, and Sleep
- 7.5 Self-Care

Module 8: Disability and Chronic Pain

- 8.1 Understanding Disability
- 8.2 Chronic Pain as a Form of Disability
- 8.3 Workplace Disability and Chronic Pain
- 8.4 Overview of Motor Disabilities
- 8.5 Mobility Disabilities and Chronic Pain
- 8.6 Optimizing Mobility Support
- 8.7 Clinical Care Considerations
- 8.8 Pain Management in the Context of Disability

Module 9: Sex, Gender and Chronic Pain

- 9.1 Important Concepts to Consider
- 9.2 Health Disparities in Pain Management
- 9.3 Transgender and Gender-Diverse Pain Experiences
- 9.4 Addressing Stigma in TGD Pain Care

Capstone Module – approximately one hour and 30 mins

This module explores case studies through three different perspectives: psychosocial professionals, manual therapist professionals, and medical professionals. **Please note that this module is only available for health care providers who have completed Pain Foundations Modules 1-9.**