

**DEGREE IN PHYSICAL THERAPY
10054 INTERVENTION STRATEGIES FOR PATIENTS
WITH CHRONIC PAIN 2018-2019**

General course description

3 ECTS

4th year / 1st & 2nd semester / Type OP (elective subject)

Language in which it is taught: English

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Master in Neuromusculoskeletal Physiotherapy

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Objectives

The aim is to help students to develop their Chronic Pain Management knowledge and critical thinking as Physiotherapists and how it fits into their inter-professional practice and Pain Management as a whole.

This module aims to provide the student with an evidence-based understanding of basic Physiotherapy management strategies addressing issues around chronic non-malignant pain with a biopsychosocial approach.

Skills

BASIC SKILLS

Students have demonstrated knowledge and understanding in a field of study that builds on general secondary education with the support of advanced textbooks and knowledge of the latest advances in this field of study.

Students have developed the learning skills necessary to undertake further studies with a high degree of independent learning.

Students can apply their knowledge to their work or vocation in a professional manner and have competencies typically demonstrated through drafting and defending arguments and solving problems in their field of study.

Students can communicate information, ideas, problems and solutions to both specialists and non-specialists.

Students have the ability to gather and interpret relevant data (usually within their field of study) in order to make judgements that include reflection on relevant social, scientific and ethical issues.

CORE SKILLS

Be a critical thinker before knowledge in all its dimensions. Show intellectual, cultural and scientific curiosity and a commitment to professional rigor and quality.

Use oral, written and audiovisual forms of communication, in one's own language and in foreign languages, with a high standard of use, form and content.

Become the protagonist of one's own learning process in order to achieve personal and professional development and attain an all-round training for living and learning in a context of linguistic, social, cultural and economic diversity.

Exercise active citizenship and individual responsibility with a commitment to the values of democracy, sustainability and universal design, through practice based on learning, service and social inclusion.

Interact in international and worldwide contexts to identify needs and new contexts for knowledge transfer to current and emerging fields of professional development, with the ability to adapt to and independently manage professional and research processes.

Display professional skills in complex multidisciplinary contexts, working in networked teams, whether face-to-face or online, through use of information and communication technology.

Project the values of entrepreneurship and innovation in one's academic and professional career, through contact with a variety of practical contexts and motivation for professional development.

GENERAL SKILLS

Cater to the health needs of the population and meet professional challenges through an innovative and dynamic outlook.

Demonstrate commitment to the profession and its values, seeking sustained improvements in practice and excellence in the care of individuals, families and the community.
Interact with others with empathy, demonstrating interpersonal relationship skills.

SPECIFIC SKILLS

Act professionally in accordance with the values inherent to the profession, as stated in the ethical code of Physiotherapy, respecting the legal framework and with a critical approach.

Critically assess and reflect on the Physiotherapy intervention plan and make adjustments as necessary based on dialogue with users/patients and on their context.

Understand and act in accordance with the interactive behaviour of the person in terms of gender, group or community, within their social and multicultural context, respecting the opinions, beliefs and values of people, their privacy and confidentiality, and professional secrecy, and taking the life cycle into account. Communicate with patients/users, with significant others in their context or family, and with other professionals and managers. Use a register and channel of communication that is suited to their needs and characteristics, and the communicative context.

Build and implement a physiotherapy intervention plan based on diagnosis, input from other professionals, available scientific evidence, and with the participation of the user/patient and their context, taking into account personal, relational and methodological aspects, and safety and efficiency. Develop the professional role of the therapist in different settings (hospital, social care and community, among others) and in a context of health and social policies for integrated care that promotes continuity and comprehensive care of people.

Design, implement and evaluate risk prevention and health promotion actions that have an impact on factors determining health (lifestyle, social and community networks, work environment, etc.), on the basis of development, maintenance and improvement in activity and movement, within a biopsychosocial framework.

Make Physiotherapy diagnoses based on analysis and critical interpretation of the relevant information and assessment, using internationally recognized classifications of functionality, disability and health, and clinical reasoning as a basis for decision-making.

Manage, organize and optimize physiotherapy work processes and care services in accordance with administrative and legal regulations and incorporating inclusive and participatory organizational models. Incorporate research and lifelong learning into professional practice through use of the best available evidence, formulating questions on the basis one's own practice and informing and designing research projects.

Participate as a Physiotherapist in an interdisciplinary context, coordinating with other professionals and routinely participating in work teams in practice.

Collect, analyse and critically interpret relevant information on the user/patient and their context, within a biopsychosocial approach, to evaluate and make clinical assessments of functional impairment, activity or participation.

Learning outcomes

1. To recognize chronic pain situations and interpret its causes from a biopsychosocial approach. (CB3, T1, E1, E3, E4, E9)
2. To establish intervention strategies in chronic pain within the multidisciplinary team. (G3, T1, T5, E3, E9)
3. To collect and interpret data and information on which to base their conclusions, including reflections on issues of social, scientific or ethical nature within the field of physiotherapy. (G3, CB3, T1, E1, E4)
4. To act in usual profession-related situations with commitment and responsibility. (G1, G3, CB3, T5, E3, E9)
5. To propose interventions in coherence with democratic values and sustainability, showing respect for people's fundamental rights. (G1, T5, E3, E9)

Recommendations

It is highly recommendable that students have previously passed the following courses: "Psychology", "Physiopathology", "Assessment and diagnosis" and FISME I.

Contents

- Block 1. The management of chronic pain: myths, pseudoscience and science.
- Block 2. Pain neuroscience applied to patient management and treatment.
- Block 3. The use of exercise as a therapeutic tool in different chronic pain conditions.

Learning activities

Watching videos and online conferences.
Production of charts, videos, graphical presentations, conceptual maps and posters.
Debates (online), round tables, dialogues and group discussion
Case studies, hypothetical scenarios, clinical cases
Reading and comprehension of texts
Discussions and analysis of documents (audiovisual, written, oral...) and the appropriate social media group (Facebook...)
Searching for bibliographical sources and on the internet
Correction/Revision of exercises and specific follow-up of painful medical conditions

Course assessment

Assessment type	Assessed activities	%	Re-sit
Class participation	Activity for block 1	30%	No re-sit
Follow-up of work done	Activity for block 3	20%	No re-sit
Essays and projects	Essay for block 2 Essay for block 3	25% 25%	Re-sit
		100%	

To pass the course it is essential that, at the end of the extra assessment period, students have a resulting average grade for all the activities of 5 or higher than 5.

If students fail the course, there will be a second assessment period in which he/she can re-sit a maximum of 50% of the final grade.

If students wish to improve the grade for a task that can be re-sat, it will be compulsory for them to inform the lecturer within 3 days after the final grades for the ordinary assessment period have been posted.

Bibliography

1. Foster NE et al. (2018). Prevention and treatment of low back pain: evidence, challenges and promising directions. *Lancet*, March 20
2. Moseley GL, Butler DS (2015). Fifteen years of Explaining Pain: The Past, Present and Future. *J Pain* 16 (9):807-13
3. Meeus M et al. (2016). Moving onto Movement in Patients with Chronic Joint Pain. *Pain Clinical Updates*, 1(XXIV):1-8