



Online Continuing Education Courses  
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AOTA Approved Provider #4023

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**Course Title:** Pain 208

**Course Subtitle:** Transcutaneous Electrical Nerve Stimulation (TENS)

**Target Audience:** OT/OTA

**Course Length:** 2 hours

**Course Author/Instructor:** Hubert van Griensven, PhD /Brown, MS, OTR/L, CHT  
Brown, MS, OTR/L, CHT

**Educational Level:** Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

**Course Objectives:**

At the conclusion of the course, participants will be able to:

- Discuss the use of TENS and acupuncture for pain management and list 5 indications and contraindications/risks.
- Describe and analyze 2 principles underpinning various techniques of TENS and acupuncture
- Describe the research supporting the analgesic mechanisms of action of TENS and acupuncture.
- Summarize clinical research evidence on clinical effectiveness for TENS and acupuncture
- Discuss why the clinical experience of outcome when using TENS and acupuncture sometimes differs from some of the clinical research findings.

**Outline of Content:**

**Hour 1:**

Overview  
Transcutaneous electrical nerve stimulation  
Definition  
Principles underpinning tens  
Clinical technique  
Contraindications, precautions and adverse events  
Mechanism of action  
Clinical research

**Hour 2:**

Acupuncture  
Context  
Definition  
Types of acupuncture stimulation  
Point selection  
Clinical practice and dosage  
Contraindications and precautions  
Mechanism of action  
Clinical effectiveness  
Conclusion

**Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes PDF downloadable course. See course formats for additional details.

**Course Completion Requirements:**

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

**AOTA Classification Codes:**

- Category 1: Domain of OT
- Category 2: Occupational Therapy Process
- Category 3: Professional Issues

**Additional Policies:**

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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