

**Course Title:** Pain 212

**Course Subtitle:** Pain Neuroscience Education as the Foundation of Interdisciplinary Pain Treatment

**Course Description:** Each year in the United States, an estimated 100 million adults with persistent pain diagnoses carry the burden of health care costs, totaling up to \$635 billion annually. Every pain patient has a diverse variety of influencing factors having an impact on function, pain, and overall health. The complexity of pain care options should be met with a clear navigational strategy that fosters efficient, direct pathways to the most appropriate treatment plan that is specific to an individual's unique pain condition. See below for additional information and outline of content.

**Course Source:** Physical Medicine and Rehabilitation Clinics

**Course Length:** 1 hour

**Course Authors:** Multiple

**Course Instructor:** Joanne Brown, MS, OTR/L, CHT

**Target Audience:** OT/OTA's, PT/PTAs

**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 end of the course, participants will be able to:

- Describe pain neuroscience education and list and recite the definition of 4 key pain neuroscience terms
- Describe the concepts of pain neuroscience education (PNE) and list important information that should be gathered during a comprehensive pain interview
- Explain Andragogy and its significance to learning and how it can influence the way a clinician provides education
- Examine the spectrum of biopsychosocial therapeutic treatment options and the application of pain education
- Discuss the significance of prescribing movement along with other interventions such as therapeutic modalities, psychosocial interventions, nutritional the multimedia interventions

**Outline of Content:**

## **Hour #1**

Introduction

Pain Neuroscience Education

Evaluation with Education

Treatment Considerations

Treatment Prescribing: Movement

Therapeutic Modalities and Complimentary and Integrated Health in Pain Rehabilitation

Psychosocial Treatment Options

Nutritional Considerations

Multimedia Considerations

Case Study

Summary

### **Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes text-based downloadable course in PDF.

### **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 top-navigation bar.

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