CHOOSE A SAFER WAY TO MANAGE PERSISTENT PAIN, A LIFESTYLE APPROACH. PART II

COURSE OUTLINE

Online course 1.6 Contact Hours/ CEU's 0.16

Duration (in minutes)

TIME	TOPIC
6:00	Introduction
5:00	Who are the Members of the Team?
10:00	Psychologically Informed Physical Therapy
9:00	Recognition: DIMs & SIMs/ The power of our words/ Multiple dimensions of the pain
10:00	Mechanism Based approach to Pain Management/ Reconsidering TENS
10:00	The Power of Exercise/ Pain Neuroscience Education
10:00	Training Laterality Discrimination/ Motor Imagery/ Sensory Discrimination
10:00	Poor Sleep cause Pain and how can we help
8:00	Social Support/ ACT for Chronic Pain
15:00	Food and Health
5:00	Pharmacological Considerations for Persistent Pain/ Infusion
2:00	Conclusion
Assessment: The lecture module is followed by 5 assessment questions. The last assessment question is followed by a Course Evaluation Survey	