

Pain Science in Occupational Health (On-Demand)

About this course

Faculty: Blickenstaff

[Faculty Bios](#)

Intended Audience: Licensed healthcare professionals including Physical and Occupational Therapists, Physical and Occupational Therapist Assistants, Athletic Trainer, Certified/Registered Kinesiologist. Consideration of other state registered or licensed health/safety personnel based on background.

[Additional course information](#)

Program Level (AOTA): Introductory

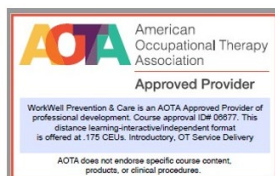
Delivery: Distance learning Online On-Demand. Administered through the WorkWell Provider Learning Center.

General Teaching Method Overview: Video Lecture, Case Study/Reflection, Quiz

Duration: Course is self-paced and is expected to take approximately 1.75 hours to complete

Completion Requirements: Complete the eLearning track, obtain passing quiz score of 80% or higher and completion of course evaluation.

CEU Credit: Approved by Michigan APTA for 1.75 CEUs. CEU Locker #154960.



Do most of your patients have pain as a primary complaint, even those who are not "chronic pain" patients? Are they often uncertain about what their pain signifies and what they should or shouldn't be doing? And do they sometimes even have ideas and approaches to pain management that are counterproductive? Is this also true of supervisors, co-workers and other people in the workplaces of these patients?

These situations have given rise to educational based treatment approaches that focus on the science of pain. Pain Science Education looks at how a person's perception of their pain impacts the ways they interact with the world around them, which consequently steers their decisions and actions taken to get better. This course will address current concepts in pain science using examples and contexts from occupational health which will serve to equip the occupational health clinician to better help their clients, both those in pain and those workplaces dealing with the consequences of pain.

Learning Objectives:

At the end of the training, participants will be able to –

1. List at least three examples of how one's understanding of pain can affect a treatment outcome, positively or negatively.
2. Discuss current support and criticisms of pain science education approaches.
3. Describe the relevance of self-efficacy as it relates to pain science education and to patient recovery.
4. Describe the proposed mechanism of action for effective pain science education.
5. Provide at least three examples of how to incorporate pain science education into existing treatment approaches.
6. Provide at least three examples of using pain science education in combination with movement experiments in occupational health settings.

Outline & Agenda

Content Area
1. Introduction & Learning Objectives
2. Impact of Pain Beliefs
3. Definitions & Context
4. Self-Efficacy
5. What do we do?
6. Occupational Case Example
7. Incorporating Pain Science Education into existing treatment approaches
8. References & Resources
9. Quiz, Reflection & Course Evaluation Survey

Equipment: No required equipment for training. Specific onsite equipment dependent on scope of services offered.

This course is “free” with a WorkWell Easy Train Membership. If your facility does not have an Easy Train Membership, [learn about Easy Train](#) on our website.

Email provider@workwellpc.com with any questions about the WorkWell Provider Learning Center.