

## UNDERSTANDING PAIN - ASSESSMENT AND TREATMENT

The purpose of this course is to review the current literature on pain assessment and treatment with understanding the pain pathway, and the components of pain that can assist the therapist in determining the most effective means to intervene. Choosing the most appropriate outcome measure to assess pain. Multimodal treatment, and multidisciplinary team approach in helping patients manage pain experiences, this includes the therapeutic use of self to gain trust and develop rapport to create a healthy therapeutic relationship, cognitive-behavioral interventions, as well as addressing the motor and sensory components of pain.

**Upon completion of this course, you will be able to :**

- Describe the pain, the pathways associated with pain and how the body processes pain for acute and chronic pain disorders or injuries.
- Discuss and recognize the multiple dimensions of pain and the effects of each including: physiological, behavioral, sensory, affective, and cognitive.
- Identify commonly used and appropriate pain assessments for the patient/diagnosis.
- Discuss the strengths and limitations of commonly used pain assessments.
- Identify 5 commonly used treatment interventions supported in the literature for pain control/relief.
- Understand and provide a rationale for the appropriate intervention for the reduction or control of pain.

**Author: Dianna Lunsford OTD M.Ed. OTR/L CHT**

**Contact Hours : 4.00 Hours / 4 PDR (AOTA CEUs—0.4)**

**Instructional Methods :** Online Independent Self-Study (Training + Post-Test)

**Audience:** This course is designed for OTs, OTAs, PTs, PTAs and other healthcare professionals

**AOTA Classification Codes:** Category 2—Occupational Therapy Process

**Educational Level: Intermediate**

**Prerequisites:** None

**Cost: \$30 / Participant**

**Course Completion Certificate :** A minimum passing score of 70% is required for course completion. A Printable (Pdf) Certificate By Email.

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