With Marc Aureli Piqué Batalla

Assessing and Managing Psychosocial Barriers to Treat Adults Living with Chronic Pain Conditions

Duration: 1 day
CPD Hours: 8
4 pre-course /4 live online
Format: Online
Fee: £100+VAT



Marc Aureli Piqué Batalla; Senior Physiotherapist Complex Regional Pain Syndrome; PhD Student at University of West of England, Bristol

Overview:

Psychosocial factors are aspects of the person, their problem, and their social context, that may affect rehabilitation (Kendall et al., 1997; Glattacker et al., 2018). These include but are not limited to, the patient's attitudes and beliefs, emotions, behaviours, family, and workplace factors (Nicholas et al., 2011). Despite the urgings of clinical practice guidelines and evidence of the influence of psychosocial factors on clinical outcomes, screening for yellow flags is uncommon in clinical practice (Stearns et al., 2021). There is growing evidence on rehabilitation interventions that target psychosocial interventions for people with chronic pain, although it remains unclear the effectiveness of these interventions (Kent et al., 2012). In this course, attendees will be provided with and overview of psychosocial factors in chronic pain rehabilitation, developing assessment and treatment strategies.

Who will Benefit

This course is suitable for Physiotherapists and Occupational Therapists with interested on pain rehabilitation with interest in chronic pain rehabilitation.

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Key Learning Outcomes:

The student should be able:

- You will be introduced to the concept of psychosocial barriers for chronic pain treatment.
- You will explore and appraise the relevance of these factors and how these may influence chronic pain rehabilitation outcomes.
- You will learn tools and strategies to assess psychosocial factors within the chronic pain context.
- You will develop clinical skills in the treatment of chronic pain conditions using the most up-to-date evidence.

What are the objectives of this course?

-To identify, understand, and assess psychosocial barriers for pain rehabilitation.
-To assimilate evidence regarding the relevance of psychosocial barriers and their treatment for chronic pain rehabilitation.
-To develop clinical reasoning skills related to the presence and treatment of psychosocial barriers for chronic pain rehabilitation.

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Course Outline

Course Aims & Programme:
Total CPD hours = 8
ONLINE PRECOURSE CONTENT = 4 CPD hours

-Introduction to the course (Overview of the modules)
-Modules I-II
-Practical activities guide (Test your knowledge)
-Selected reading list (relevant bibliography)

o Module I: Introduction to pain, pain models, and evidence of psychosocial factors.

o Module II: Psychosocial factors in chronic pain.

ØONLINE LIVE COURSE CONTENT = 4 CPD hours
-Modules III-IV
-Q&A (Test your knowledge)
-Selected reading list (relevant bibliography)

o Module III: Assessing psychosocial factors in chronic pain.

o Module IV: Treating psychosocial factors in chronic pain.

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