

Explain Pain On-Demand course 2023/2024

Who is this course for? All therapists and clinicians who are looking for a deep understanding and a modern, active, science-based approach to achieving better outcomes for their patients experiencing pain.

What's included?

- 13+ hours of content to work through, reflect on and integrate into your clinical work at your own pace and learning style.
- 12-month access
- A comprehensive digital workbook, the complete slide library and a carefully curated collection of dozens of readings.

Session details

Session 1: A broad overview

- The immense problem of pain and its cost on people and society.
- Approaches to big public health issues – frameworks from neuroscience, psychology, educational science, pain biology, and even a little philosophy
- Complexity Science and why this can revolutionise your way of thinking about pain.
- Sensemaking and how our definition of pain can influence the clinical encounter.

Session 2: Nociception and inflammation

- The vital difference between nociception and pain
- A zoom-in on ion channels and action potentials.
- The likely pattern of pain associated with different sources of nociception.
- Inflammation, neurogenic inflammation, and peripheral sensitisation in detail, including implications for treatment.

Session 3: Neuropathic pain

- A great introduction for those new to neuropathic pain, and a guide to go deeper if you already work in this field.
- The pathophysiology and presentation of entrapment neuropathies.
- What the most up-to-date research tells us about treatment.

Session 4: Pain and the brain

- Beyond simple slogans and heuristics
- A deep dive into ideas, including a multimodal salience network, the distributed nociceptive system, and a complex top-down and bottom-up framework that encompasses and informs all pain treatment approaches.

Session 5: Processing changes

Following closely from Session 4 –

- An introduction to spinal cord and dorsal horn anatomy.
- The science for a modern take on central sensitisation and its clinical implications.
- A bigger picture view integrating *processing problems* with *issues in the tissues* to provide empowering clinical narratives.

Session 6: The endocrine system and pain

A new lecture for this course –

- Endocrine and stress biology with an emphasis on the difference between short-term and chronic stress effects, and the tight link between chronic stress and pain.
- The stress response, the Sympathomedullary Pathway, the Hypothalamic-Pituitary-Adrenal axis (HPA axis) and the effect of chronic stress on the cardiovascular system, metabolic system, inflammation, memory and sleep.
- Detailed consideration of stress, pain and chronic pain, with the biology powerfully suggesting immediately applicable clinical approaches to manage stress and pain.

Session 7: The neuroimmune interactions and pain

- Introduction to the 'newest' player in cutting-edge pain thinking.
- Developing the story from cytokines to neuroinflammation and chronic low-grade systemic inflammation.
- Putting it all together with a clinical focus.

Session 8: Moving well, eating well and sleeping well to help with pain

A new lecture for this course –

- Broad strategies for pain treatment and management that are available regardless of healthcare discipline.
- Supporting evidence.
- Discover the confidence to broaden your pain management thinking.
- Find the inspiration to keep learning and developing your knowledge and expertise.

Session 9: Language, metaphor and the Protectometer

- The language we use as therapists.
- Immediately applicable suggestions for simple but effective changes.
- Evidence for the power of metaphor to both help and hinder in healthcare.
- A clinical model to help you develop and use metaphor and language with skill and precision.
- A walk-through of Moseley and Butler's *Protectometer* – Danger and Safety, DIMs and SIMs and using the *Protectometer* to set up treatment and track.

Session 10: Case vignettes and studies

- Opportunities for deeper reflection
- Previous sessions combine together through the *Protectometer*.

Learning objectives

By the end of this course, you will have:

1. Built a deep understanding of the complexity of the human experience of pain.
2. Developed a comprehensive knowledge base around three key biological systems: the nervous, endocrine and neuroimmune systems, and their common links with pain.
3. Constructed essential connections between the presented biology and evidence-based clinical approaches to treating and managing pain.
4. Gained vital insight into translating 'bench science to the bedside'.
5. Revolutionised your thinking and updated your language about the experience of pain and learned how to use the *Protectometer* as a central assessment, educational, planning and treatment tool.