Learning Objectives

MedBridge Education
Teaching People About Pain
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Upon completion of this course, the online learner will be able to:

Module 1: Chronic Pain, Cognitions, and Education
- Analyze how common faulty cognitions impact pain and disability in people with pain
- Recognize how ignoring faulty cognitions may be a large contributor to the current pain epidemic

Module 2: The Evolution of Therapeutic Neuroscience Education
- Justify the need to carefully reanalyze the use of biomedical information to educate patients about pain
- Recognize the evidence supporting neuroscience education for people in pain.

Module 3: Pain Neuroscience Update: Input Mechanism
- Explain that tissues heal and various abnormalities may not be correlated to pain
- Integrate the latest neuroscience of peripheral neuropathic pain into clinical reasoning in people with persistent pain

Module 4: Pain Neuroscience Update: Processing and Output
- Explain how various areas of the brain in the pain neuromatrix process nociception
- Describe various biological processes involved in protecting pain patients

Module 5: Educating the Patient: The Body’s Extra Sensitive Alarm System
- Verify how neuroscience education uses metaphors, examples and pictures in an easy-to-understand format for people in pain
- Explain to a patient how the body’s alarm system, the nervous system, becomes increasingly sensitive; how it impacts function and how therapy can help.

Module 6: Educating the Patient: Body Inc., Board Meetings and When Lions Attack
- Explain to a patient how the brain produces pain to protect
- Describe how a lion metaphor can be used to explain common signs and symptoms seen in people suffering in pain