

Training Options and Resources in the Management of Persistent Pain

Training

Provider	Topic	Delivery	Cost	When	More Information
The University of Sydney	<p>Webinar Skills Training in Pain Management: Putting Cognitive Behavioural Therapy Skills into Practice</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • Patient assessment and case formulation • Explaining case formulation to the patient • Identifying SMART goals and using motivational interviewing • Employing self-management skills and developing treatment plan • Reinforcing treatment program & maintenance strategies • Integration of CBT skills 	Webinar	\$770	<p>2016</p> <p>Tuesday 3rd May – Tuesday 26th July. Every Tuesday evening 7pm-8.30pm</p>	<p>www.sydney.edu.au/medicine/prmi/education/continuing/webinar.php</p>
The University of Sydney	<p>Pain Management Multidisciplinary Workshop (2 week intensive workshop)</p> <p>A comprehensive overview of all major aspects of pain management, integrating basic science with its clinical application.</p> <p>Workshop designed for nurses, doctors, dentists, psychologists, physiotherapists, occupational therapists, pharmacists.</p>	In person - Sydney	<p>\$880 (1 week), \$1760 (both weeks)</p>	<p>2017</p> <p>Week 1: Mon 6 Feb - Thu 9 Feb 2017 Week 2: Mon 13 Feb - Thu 16 Feb 2017</p>	<p>http://sydney.edu.au/medicine/pmri/education/continuing/workshop.php</p>

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Empower Rehab	<p>Pain Management in Practice</p> <p>This 2 day workshop is designed to challenge and extend your skills to manage clients with pain to achieve significant functional outcomes. The workshop focuses on developing:</p> <ul style="list-style-type: none"> • A further understanding of why pain can persist • Skills to better identify the “hidden” barriers through a more comprehensive assessment process • A framework of treatment options for clients with ongoing pain • Goals that your client is motivated to achieve • Novel graded exposure plans to address fear avoidant behaviours • Sleep strategies to improve disrupted sleep • Specific CBT and ACT techniques to address pain • Practical strategies to help a client who is ‘stuck’ • Techniques to more effectively address challenging communication • Dealing with resistance and how to manage difficult conversations <p>The workshop has a very strong practical focus to ensure you are able to implement the strategies into your working day. Small group work is undertaken to allow time to practice new skills and numbers are strictly limited to ensure the workshop is highly interactive</p>	In Person in capital cities	\$589	Range of dates. Next Melbourne date 8-9 th September 2016	http://www.empowerehab.com/Workshops/

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NOI Group	<p>Explain Pain (From the website) This 2 day seminar expands on the book of the same name by Butler and Mosely. Closely linked to self-management and health literacy movements, the seminar is delivered in a way in which any professional working in the areas of pain and stress will benefit. You'll be introduced to the newest neuroscience knowledge about pain 'neurotags', 'brain ignition nodes', zinging and zapping nerves, smudging in the brain and backfiring nerves. You'll learn how the immune, sympathetic and cortisol systems are critical in the pain experience. Aims at conceptual change about pain for provider and patient.</p>	Range of locations	\$695	These seminars are run regularly, check website for range of dates and location	http://www.noigroup.com/en/Courses
Australian Physiotherapy Association	<p>Assessment and Management of Pain in Clinical Practice</p> <p>Designed for physiotherapists working in the musculoskeletal, orthopedic or sports arenas who wish to develop their clinical assessment, treatment and prognostic skills in managing both acute and chronic painful conditions.</p> <p>Completing this course will enable you to:</p> <ul style="list-style-type: none"> • Assess, analyze and interpret subjective and objective information relevant to the human pain experience • Identify and respond to risk factors for the development of persistent pain • Formulate a management plan reflecting the complexity of the human pain experience • Implement a range of specific strategies for the assessment and treatment of pain. 	Melbourne		<p>4th June to 5th June 2016</p> <p>This course is run regularly so check on the APA website for other dates.</p>	https://www.physiotherapy.asn.au/apawcm/LearningDevelopment/Event_Display.aspx?EventKey=VPN160604C

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Russ Harris	Acceptance and Commitment Therapy – Introduction 8 week, 24 hour online course. This course is not pain specific, but acceptance based approaches are effective in helping people with persistent pain live more valued and fulfilling lives. Research shows that the level of pain acceptance significantly mediates treatment outcomes. These courses are designed for any health professional, not just Psychologists, and are enjoyable and ‘jargon free’.	Online	\$540	Range of dates – check website	https://imlearningact.com/product/act-for-beginners/
Anne Daly for the Victorian Department of Health (2014)	Advanced Musculoskeletal Physiotherapy Self-directed Learning Modules: Pain Clinic 2014. These modules are based on the International Associated for the Study of Pain (IASP) Interprofessional Pain Curricula, 2012. The modules provide study questions and direct the learner to a range of resources (journal articles, websites, and books) needed to answer these questions. Many of the journal articles will be uploaded online for all staff through the region to have access to. The main books needed are in the library at WHCG. Although the modules are aimed at physiotherapists, much of the material is relevant to anyone working in the pain field.	Online	Free	Anytime – at your own pace	These training modules and the journal articles needed to complete them will be uploaded onto the Grampians Regional Health Collaboration website in the near future. An update will be sent to the Wimmera Pain Network email list when this is online.

Online Resources

Noijam

- Regular updates and news from the world of pain research, delivered to your email.
- <https://noijam.com>

Pain Health WA

- A website providing excellent and comprehensive pain information and self-help strategies for people experiencing persistent musculoskeletal pain.
- <http://painhealth.csse.uwa.edu.au/index.html>

Chronic Pain Australia

- Run by volunteers including people living with persistent pain, healthcare workers etc.
- Website provides a range of excellent resources for people living with persistent pain including:
- Fact sheets (including managing flare ups, understanding pain, choosing your healthcare team)
- <http://www.chronicpinaustralia.org.au/>

Pain Australia

- Website provides information for consumers and health professionals including a list of training options.
- <http://www.painaustralia.org.au/>

Australian and New Zealand College of Anaesthetists

New educational initiatives are being developed. These include:

- Nine Faculty of Pain Medicine (FPM) e-learning modules to complement the revised FPM curriculum.
- Better Pain Management, an engaging online education program for healthcare professionals.

https://members.anzca.edu.au/networks/?utm_campaign=homepage&utm_medium=quicklink&utm_source=networks

ACI Pain Network

- Fantastic resource for health providers and consumers. Includes youth-specific information.
- <http://www.aci.health.nsw.gov.au/chronic-pain>