

ONLINE PAIN CERTIFICATE PROGRAM INFORMATION

University of Alberta Faculty of Rehabilitation Medicine

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This **Pain Certificate** is made up of three 3-credit graduate level course and is delivered 100% online so no travel is necessary.

The next offering of the first course in the series (REHAB 535) is tentatively scheduled for September – December 2015. We do accept program applications year round and are currently holding several applications for the next offering of the first course. The three courses are equivalent to 117 hours of learning.

We have a number of physicians, nurses, pharmacists, physical therapists, occupational therapists, social workers, psychologists and others involved in pain management from across Canada, US and beyond participating in the program so is a very inter-professional.

The aim this online inter-professional graduate-level credit program is to provide advanced education in collaborative pain management for healthcare professionals. This Certificate provides an opportunity for practising clinicians to learn with- from- and about each other to address the multi-dimensional nature of both acute and chronic pain, with an emphasis on complex/chronic pain.

Registrants completing the program will:

- adapt and use an inter-professional approach to pain management through an understanding of the unique and shared roles and responsibilities of various professionals
- use critical thinking and evidence-based approaches to develop assessment and comprehensive management plans.
- use a bio-psycho-social clinical reasoning framework which integrates information across models in the assessment and management of pain.

Each course incorporates adult and IPE learning strategies, and uses the latest in online learning technologies. The course director is Dr. Judith Hunter, Assistant Professor in the Department of Physical Therapy at the University of Alberta and University of Toronto, and the recipient of the 2013 award for *Excellence in Inter-professional Pain Education* from the Canadian Pain Society. Course contributors include leaders in pain research, management, and education from across Canada and beyond including but not limited to:

- **Barry Sessle**, Professor and Canada Research Chair, Faculties of Dentistry and Medicine University of Toronto
- **Judy Watt-Watson**, Professor Emerita, Executive Director, Centre for Advanced Studies in Professional Practice, Bloomberg Faculty of Nursing, University of Toronto
- **Herta Flor**, Central Institute of Mental Health; University of Heidelberg, Mannheim, Germany
- **James L. Henry**, Professor, Department of Psychiatry and Behavioural Neurosciences, Professor, Department of Anesthesia, Faculty of Health Sciences, McMaster University
- **Michael McGillion**, Assistant Professor, Chair, Scientific Program, Canadian Pain Society, University of Toronto, Lawrence S. Bloomberg Faculty of Nursing
- **Lynn Cooper**, President, Canadian Pain Coalition
- **Alex Jadad**, Rose Family Chair in Supportive Care Canada Research Chair in eHealth Innovation Professor, Departments of Health Policy, Management and Evaluation; Public Health Sciences; and Anesthesia, Staff Physician, Princess Margaret Hospital
- **Bruce Dick**, Associate Professor, Department of Anaesthesiology and Pain Medicine and Psychiatry, University of Alberta
- **Ivan Silver**, Vice Dean, Continuing Education and Professional Development, University of Toronto
- **Cary Brown**, Associate Professor, Department of Occupational Therapy, University of Alberta
- **Ze'ev Seltzer**, Professor of Genetics, Faculty of Dentistry and Professor of Physiology, Faculty of Medicine Pain Genomics and Phenomics Lab, University of Toronto Faculty of Dentistry
- **Joel Katz**, Professor, York University Canada Research Chair in Health Psychology
- **Andrea D. Furlan**, MD PhD, Associate Scientist, Institute for Work & Health Psychiatrist, Toronto Rehabilitation Institute; Assistant Professor, Division of Psychiatry, Department of Medicine, University of Toronto
- **Chris Spanswick** MB, ChB, FRCA, FFPMRCA, Clinical Assistant Professor, Dept of Anaesthesia, University of Calgary; Medical Leader, CalgaryPain Program Alberta Health Services, Calgary Area
- **Pamela Squire** MD, CCFP, Assistant Clinical Professor UBC
- **Tim V. Salomons**, Ph.D., Division of Brain, Imaging and Behavior - Systems Neuroscience, Toronto Western Research Institute
- **Saifee Rashiq**, BM BS, MSc (Epid) DA(UK), FRCPC, Associate Professor, Director, Division of Pain Medicine, Department of Anaesthesiology and Pain Medicine, University of Alberta.
- **Mark Ware**, MD, MRCP(UK), MSc, Assistant Professor in Family Medicine and Anesthesia, McGill University
- **Dave Seminowicz**, PhD. Assistant Professor in the Department of Neural and Pain Sciences, University of Maryland Baltimore
- **Lori Montgomery**, MD CCFP, Medical Director, (AHS) Chronic Pain Centre Clinical Lecturer, Departments of Family Medicine and Anaesthesia, University of Calgary

TIME COMMITMENT

Each course is broken down into weekly modules where you would be required to watch a video lecture, read some of the literature around a particular content area and contribute to a 'live' case discussion. Also, there are approximately 4-5 live online events throughout each course where you would get together with other course participants and the instructor or guest lecturer for discussion. The course activities can be completed on your own time throughout the week. When there are 'live' events (meeting in online classroom with other participants, instructor etc...) they are scheduled in the evenings. Also, they are recorded so if you miss one you can watch the recording on your own time.

Each 3-credit course is made up of 39 hours of content and delivered over 13 weeks (approximately 2-3 hours per week of content) - as this is a graduate level program you could expect to spend an additional 2-3 hours **per hour** of course time (this may vary depending on the individuals level of computer experience and time since taking a university level program).

This program is designed so you can complete all three courses in approximately 18 months but can also choose to take 1 course per year and complete over 3 years (there is some additional flexibility around length of time to complete).

WHO IS IT FOR?

Physicians (eligible for MainPro C and M1 credits), physical therapists, pharmacists, nurses, psychologists, occupational therapists, kinesiologists, social workers and other involved in pain management.

Entrance requirements are:

- 1) Completion of the online graduate application can be found at <http://uofa.ualberta.ca/graduate-studies/prospective-students/apply-for-admission>
- 2) Transcript submission from your **most recent** degree program completed. (transcript copy can be uploaded directly to the online application). Admission requirements are 'relaxed' for this graduate program and not all sections need to be completed (e.g. only most recent transcript, no references, no CV etc...). Please note that when completing the application only educational information related to your **most recent degree program** (+ transcript) should be entered under the 'education' section. Information related to any other post-secondary institutions attended does **NOT** need to be entered.

Upon completion of the program participants are issued a parchment through the UofA Faculty of Graduate Studies and Research and the graduate level credit earned will appear on your UofA transcript (could be used as elective credit towards a graduate program of study with the approval of home institution) and awarded use of the letters **PgCPain** (*post graduate certificate in pain*) to designate program completion.

TUITION FEES

Tuition fees are \$1200 CAD (**same for international registrants**) per course (there are 3 courses) Tuition payment can be used as a tax write-off as an educational expense.

****Graduate course credit can be used towards a program of study as elective credit with the approval of the home institution.**

FUNDING OPPORTUNITIES

For Allied Health in **Ontario**: <https://www.ahpdf.ca/>

For **BC** Clinicians: <http://www.hsabc.org/member-benefits/scholarships-and-bursaries>

For **Physiotherapists**: Constance Beattie Memorial Fund (CBMF) Bursary

Program: <http://www.physiotherapy.ca/Foundation/For-Researchers/Scholarships>

For all **AB** Clinicians: Calgary Pain Education Foundation Bursary: <http://calgary-pain-education-foundation.org/education-funding/>

For **Occupational Therapists** (through the COTF): <http://www.cotfcanada.org/index.php/scholarships>

For **Nurses** (nightingale award - CNF): <http://cnf-fiic.ca/what-we-do/scholarships-and-bursaries/scholarship-types/#pd>

For Nurses (**Saskatchewan Nurses**

Foundation): <http://saskatchewannursesfoundation.org/assets/Documents/Complete%20application%20guidelines%20for%20Professional%20Development%20Conferences%20and%20Workshops-%202014.pdf>

****Additional funding may be obtained through your professional college/association and/or your employer**

REGISTRANT COMMENTS

"The "Nature of Pain" course was a wonderful experience. It gave me a firm foundation in cutting edge pain neurophysiology. My participation in the course has improved my ability to conceptualize the etiology of my patients' pain and the best way to treat it."

Family Physician (CFPC member)

I have already recommended it to several people - physios and physicians. The quality of instruction is superb, with a perfect balance of theoretical and practical knowledge. We now have the tools to proceed, as well as the knowledge of how to stay current and connected with the latest in research.

It expanded my knowledge tremendously and motivated me to continue learning about pain management. I learned to think more critically and have a greater understanding of various professional scopes of practice. The connections I made with other classmates/communities of practice are also invaluable.

Any practitioner who works with chronic pain patients would benefit from the knowledge offered by this course. The depth and breadth of learning was excellent for anyone seeking to understand pain and its management. The opportunity to do this in an interdisciplinary and multidisciplinary way was an added bonus. Allowed for learning from many perspectives.