

# **Online Graduate Certificate in Chronic Pain Management**

McGill University, Faculty of Medicine  
School of Physical & Occupational Therapy

L'EXCELLENCE PAR LE RAYONNEMENT



EXCELLENCE THROUGH GROWTH

## **Online Graduate Certificate in Chronic Pain Management**

### **Overview**

The online graduate level certificate, offered by the McGill University School of Physical and Occupational Therapy, is an ongoing collaboration between the School of Physical and Occupational Therapy and the Alan Edwards Centre for Research on Pain to provide healthcare professionals with the most recent and relevant approaches and technologies for the care and management of chronic pain.

An interdisciplinary approach is represented by the participants as well as by the educators of the certificate. By teaching evidence-based clinical practice with an interdisciplinary perspective, this graduate certificate provides the professional with advanced knowledge, skills and expertise in this challenging area of healthcare.

The certificate was developed for working healthcare professionals to acquire new evidence based skills for the care and management of chronic pain while benefiting from the flexibility of online learning. The interactions in the online forums and discussion sessions allow the clinicians to compare experiences and work with others from around the globe to solve actual clinical problems.

This certificate is offered in French and in English.

### **Faculty**

The program was created with Dr. Mark Ware and Dr. Isabelle Gélinas as academic leads, with a very dedicated committee and contributing faculty members. Contributors to the courses are faculty, clinicians and researchers specialized in chronic pain management from the School of Physical and Occupational Therapy and the Alan Edwards Centre for Research on Pain.

### **Steering Committee**

- Dr. Maria Dritsa, PhD, Clinical Psychologist, Noci Clinique, Montréal
- Dr. Robert Dykes, PhD, Professor Emeritus, School of Physical and Occupational Therapy, McGill University
- Dr. Céline Gélinas, RN, PhD, Assistant Professor, Ingram School of Nursing, McGill University
- Dr. Isabelle Gélinas, OT, PhD, (co-chair) Graduate Program Director, School of Physical and Occupational Therapy, McGill University
- Dr. Sara Saunders, OT, PhD, Faculty lecturer, Associate, Director of OT, School of Physical and Occupational Therapy, McGill University
- Lesley Singer-Norris, PT, MSc, Faculty lecturer, School of Physical and Occupational Therapy, McGill University
- Kimberley Smalridge, PT, Faculty lecturer, School of Physical and Occupational Therapy, McGill University

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- Dr. Laura Stone, PhD, Associate Professor, Faculty of Dentistry, Alan Edwards Center for Research on Pain, Faculty of Medicine, Depts. of Anesthesiology, Pharmacology & Therapeutics, Neurology and Neurosurgery, McGill University
- Dr. Mark Ware (co-chair) Associate Professor Departments of Anesthesia and Family Medicine, McGill University, Alan Edwards Pain Management Unit
- Dr. Timothy Wideman, PT, PhD, Assistant Professor, School of Physical and Occupational Therapy, McGill University

### **Additional Course Contributors**

- Ms. Krista Brecht, MSN, MUHC-MGH Clinical Nurse Specialist- Pain Management
- Dr. Andre Bussieres, PhD, Assistant Professor, McGill's School of Physical and Occupational Therapy and Department of Epidemiology and Biostatistics, Professeur (régulier), Département Chiropratique, Université du Québec à Trois-Rivières (UQTR)
- Ms. Valerie Calva, OT, Montreal, Quebec
- Ms. Erin Cox, PT, FCAMPT, CCTT, Physio Solutions, Laval, Quebec
- Ms. Rita Joyal, PT, Montreal Children's Hospital
- Dr. David Lussier, MD, Director, Geriatric Pain Clinic, McGill University Health Center, Staff physician, Division of Geriatric Medicine, MUHC, Assistant Professor, Department of Medicine, McGill University, Staff physician, Institut universitaire de gériatrie de Montréal, Assistant Professor, Department of Medicine, University of Montréal
- Ms. Louise Lamb, RN, Alan Edwards Pain Management Unit, Montreal General Hospital
- Ms. Lucie Bouvrette-LeBlanc, BSc, OT, MAP, Constance-Lethbridge Rehabilitation Centre
- Dr. Jordi Perez, MD, PhD, FIPP, Assistant Professor of Anesthesia at McGill University, Director of McGill Pain Medicine residency program, Pain specialist at the Alan Edwards Pain Management Unit, Co-Director MUHC Cancer Pain Clinic
- Dr. Richard Preuss, PhD, Assistant Professor (Professional), McGill University, School of Physical and Occupational Therapy; Chercheur régulier, C.R.I.R. (Centre de recherche interdisciplinaire en Réadaptation) du Montréal métropolitain, Constance-Lethbridge Rehabilitation Centre, Research Centre
- Mr. Michael Sangster, PT, MBA, Adjunct Professor, Dalhousie University School of Physiotherapy, Halifax, Nova Scotia
- Dr. Susan M. Tupper, BSc, PT, PhD, University of Saskatchewan, Saskatoon, Saskatchewan

## **Online Graduate Certificate in Chronic Pain Management**

### **Target audience**

This post-professional training program is designed for busy healthcare professionals, allowing them the freedom to manage their work-life balance. The program is appropriate for professionals from:

- medicine
- nursing
- occupational therapy
- pharmacology
- physical therapy
- psychology
- related disciplines

### **Description**

The Online Graduate Certificate in Chronic Pain Management at McGill University is an interdisciplinary program providing graduates from across Canada and Worldwide with specialized credentials. By completing this interactive online program learners will be able to:

1. Explain the biopsychosocial model of chronic pain management
2. Analyze research on mechanisms, conditions, and assessments of chronic pain
3. Apply evidence-based multi-modality treatments for diverse client populations
4. Collaborate in interdisciplinary teams and defend roles of stakeholders in chronic pain management

The interactive nature of the assignments and discussion groups are designed to promote collective problem solving, encourage a team approach and bring together a collection of international insights that can then best respond to the needs of chronic pain clients in the respective treatment domains.

Courses, available in English or French, include:

1. Pain Assessment in Clinical Practice( POTH 663): 3credits
2. Neuroscience and Behavioral Perspectives of Pain (POTH664): 3credits
3. Interdisciplinary Management of Chronic Pain (POTH 665): 3credits
4. Common Clinical Pain Syndromes (POTH 666): 3credits
5. Complimentary Course of Choice (POTH 603): 3credits

A detailed description of each course and course objectives is included in Appendix A.

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### Timeframe

Given the flexibility of online education, students can navigate through material at their own pace and may complete the entire program in 2 to 2.5 years. Registration occurs twice a year, May 1<sup>st</sup> and Oct 15<sup>th</sup> of the year, to commence the subsequent semester (fall and winter respectively).

Courses are held in alignment with the McGill University Academic Calendar.

	Year		2015-2016			2016-2017		
	Term	Fall	Winter	Summer	Fall	Winter	Summer	
<b>POTH 663</b>			✓			✓		
<b>POTH 664</b>		✓			✓			
<b>POTH 665</b>		✓			✓			
<b>POTH 666</b>			✓			✓		
<b>Elective/Practicum</b>		✓	✓	✓	✓	✓	✓	

### Technology

Courses are hosted on the McGill University website. Courses are presented as slides with expert audio narration; students choose to listen in English or French. Student discussion forums, group work, and assignment submissions are done through the McGill website.

Students require a personal computer with Internet access and a web browser. A high speed Internet connection is recommended. The technology behind this course enables the rapid transmission of content to a basic computer system.

### Evaluation

Students in all courses are graded on participation, case-based assignments, and literature reviews.

Students are required to complete course specific case-based presentations, group discussions, and reports that are completed individually or in groups. For example, for the course Pain Assessment in Clinical Practice students are required to create a Power Point presentation summarizing an anonymous case, illustrating the core concepts of the pain assessment (history, physical, use of pain assessment tools and investigations, interdisciplinary roles).

Learners in specific courses will also be evaluated based on a practicum exercise (663), and final exam (664).

Course evaluations are completed by the students following each course in accordance with standards of the office of Continuing Health Professional Education, Faculty of Medicine, McGill University and the School of Physical and Occupational Therapy, McGill University.

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### **Academic Credits**

Three (3) university level credits are granted per course. Completion of the Certificate in Chronic Pain Management grants 15 university level credits from McGill University.

### **Continuing Medical Education Credits**

This event is approved for up to 154 credits per year by the Office for Continuing Professional Development. The Office for CPD, Faculty of Medicine, McGill University is fully accredited by the Committee on Accreditation of Canadian Medical Education (CACME).

This program meets the accreditation criteria of the College of Family Physicians of Canada for MAINPRO-M1 credits. Members of the American Academy of Family Physicians are eligible to receive credit hours for attendance at this meeting due to a reciprocal agreement with the College of Family Physicians of Canada.

This event is an accredited group learning activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada.

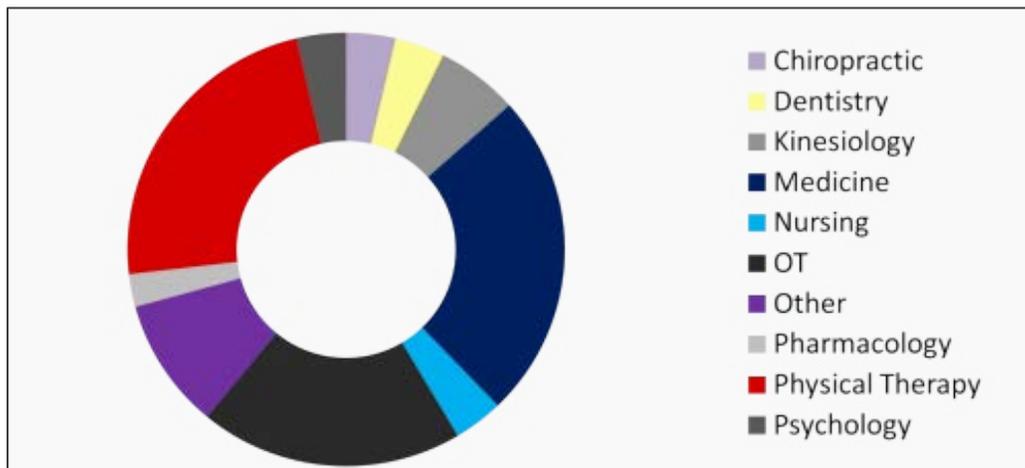
Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at [www.ama-assn.org/go/internationalcme](http://www.ama-assn.org/go/internationalcme).

Each physician should claim only credit commensurate with the extent of their participation in the activity.

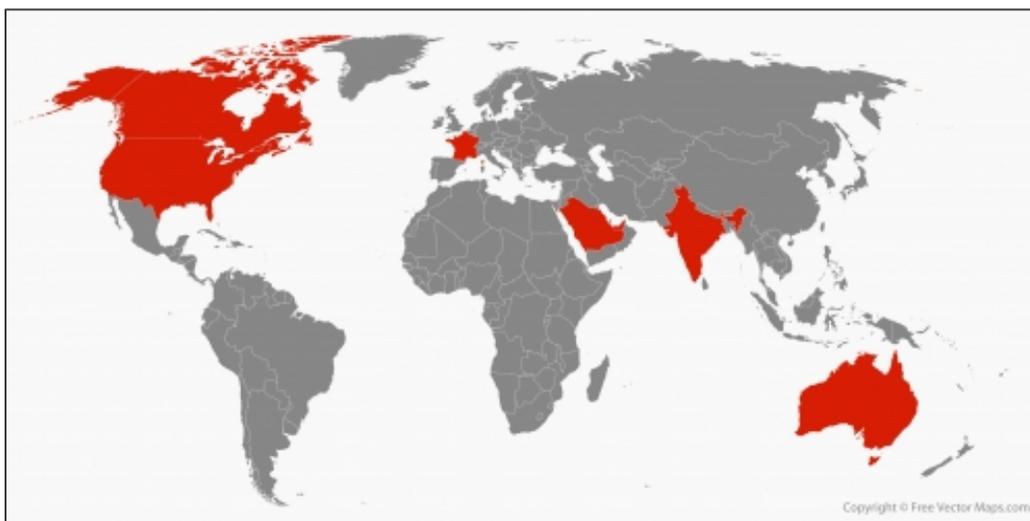
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### Students

The student in the Online Graduate Certificate in Chronic Pain Management is an interprofessional healthcare clinician either working in the pain milieu or having a desire to specialize in this area. They wish to acquire and/or update their skill set with evidence based knowledge to use in their respective practices in the field of pain. The average age of students to date is 34 years. Below, find the varied distribution of our students by discipline as well as geographical location.



Distribution of Students by Discipline



Distribution of Students by Geographical Location

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### Student Testimonials

“As a neurologist working in a rural hospital setting, I see many different chronic pain conditions per week; I also have EMG three times per week. Before starting with this program, I would see these patients on my list and I felt uneasy and, at times somewhat upset. Now, when possible, I take more time with the patient and teach them the principles I have learned. One colleague even told me they were able to see the change. I am anxious to now start the pharmacological portion and diseases covered.” – Daniel L., MD, Québec

“My study partner and I had some fun around our complete lack of CBT training but both of us have agreed that this has changed how we practice for the better regardless of how expert we are at it right now.” – Tanya M., PT, Nova Scotia

“The lectures have been informative and practical. The handouts provide sufficient material with the lecture so that extensive writing is not required but helpful to provide emphasis on points I feel are more relevant or of particular interest. I particularly appreciate the inclusion and direct links to supportive materials so that I can develop my own hardcopy reference...My practice has changed for the better because of the materials presented in this class to date.” – Jeff T., OT, British Columbia

### Tuition Fees

*(please see website for up to date information on exact fees as they are subject to vary each semester)*

For **Quebec residents**, the fees are approximately 550.00 per course.

For **Canadian residents living in Quebec**, the fees are approximately 1000.00 per course.

For **Canadian and International residents**, the fees are approximately 2 000.00/ course.

### Estimated Hours of study

5-8 hours per week / 77 hours per semester

### Website

Further information and details can be found on our website,

<http://www.mcgill.ca/spot/programs/online-graduate-certificates/chronic-pain-management>

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**Contact**

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## **Appendix A: Detailed Course Descriptions**

### **Pain Assessment in Clinical Practice**

POTH663

This course will assist learners in developing approaches to the global assessment of patients with pain (acute and chronic) and to guide diagnostic, care and treatment. This will include conventional health assessment techniques (interview and physical examination), pain measurement tools, psychological assessment, specific techniques (e.g. examination of lumbar spine, functional assessments), and the role and value of diagnostic studies.

By completing this course, students will be able to:

1. Define types of pain (i.e., acute, chronic, nociceptive, neuropathic)
2. List how assessment techniques differentiate between pain syndromes
3. Conduct a health history, including medical, physical and psychosocial factors and comorbidities that could contribute to the perception and management of chronic pain
4. Complete a physical examination adapted to the patient's condition and pain problem, and recognize normal and abnormal findings
5. Contrast the psychometric properties (i.e. reliability, and validity) related to the use of pain assessment tools for their appropriate selection and optimal use in clinical practice with different populations from infancy to old age
6. List psychosocial factors relevant to pain assessment
7. Describe the role of objective functional assessments (e.g. six minute walk; sit-to-stand test)
8. Employ screening tools for common issues such as addiction risk and problematic drug use
9. Recognize when to request and how to interpret common diagnostic tests
10. Integrate assessment findings to establish the patient's care plan and treatment for pain management
11. Assess effectiveness of therapy
12. Identify and address communication issues in patient assessment
13. Describe the importance of documentation of assessment findings

### **Neuroscience and Behavioral Perspectives of Pain**

POTH664

This course is designed to review the basic neuroscience of pain and the interrelationship between psychological, physiological and environmental processes in pain perception. Neuro-anatomical, physiological, pharmacological, and biochemical mechanisms involved in nociception are presented. The contributions of psychological factors such as mood and cognition, as well as environmental factors are examined as contributors to the pain experience. Conceptual paradigms are introduced that allow integration of the biomedical and psychosocial factors to understand the pain experience. These lead to

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an understanding of how psychological and environmental factors can modify or maintain pain perception and behavior and how these might be modified to manage the pain experience.

By completing this course, students will be able to:

1. Describe the basic neuroscience of pain, with an emphasis on mechanisms of chronic pain
2. Discuss the interrelationship between psychological, physiological and environmental processes in pain perception
3. Consider clinical options for modifying and improving the pain experience for the client
4. List the major contributors to chronic pain within the biopsychosocial model
5. Discuss essential concepts and details of mechanisms based on the latest available research evidence
6. Integrate a biopsychosocial approach to assessment and management of pain problems

### **Interdisciplinary Management of Chronic Pain**

POTH665

This course will explore the different approaches to treating chronic pain, current available evidence on their efficacy, side-effects, ethics, and their costs to the individual and the healthcare system.

Management through pharmacology, procedural interventions, psychological approaches, functional rehabilitation, and different alternative therapies will be reviewed.

By completing this course, students will be able to:

1. Describe current interdisciplinary modalities used in the management of chronic pain
2. Discuss the relationships between pharmacologic, psychological, educational and physical treatment approaches
3. Identify the various treatment /management options that should be considered for modifying and alleviating pain for the client
  - a. List various treatment options and guidelines for chronic pain
  - b. Explain the mechanisms by which a treatment works
  - c. Discuss the evidence available for the treatment options
  - d. Design a treatment plan for a patient experiencing chronic pain
  - e. Monitor progress using appropriate outcome measures
4. Recognize how the interdisciplinary management of chronic pain could influence clinical decision making
5. Provide patients with the tools they need for self-management and confronting periods of exacerbation.

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**Common Clinical Pain Syndromes**

POTH666

This course explores specific pain conditions, their incidence, prevalence, and their underlying mechanism. Clinical presentations of these conditions will be discussed as well as some general management strategies. Learners will apply newly integrated knowledge of pain science and interdisciplinary practice in common /complex chronic pain syndromes through the development of assessment and treatment plans

By completing this course, students will be able to:

1. Describe specific pain conditions, their incidence, prevalence, and their underlying mechanisms
2. Discuss the present scientific evidence related to the most common pain syndromes, specific assessments and interventions (management), their prognosis and or expected outcome
3. Predict which patients may require further professional opinion

**Elective**

The capstone elective course may consist of a directed practicum (POTH603), a directed reading course on a topic in rehabilitation (POTH618), another 500-level or higher course (online or not) approved by the Graduate Certificate Program Chair, or another 3 credit graduate level course (online or not) from a different university, as approved by the Graduate certificate Program Chair.