Department of Allied Health Professions and Midwifery

Pain mechanisms and principles of adult pain management

Course code 7HSK0221  15 Credits at level 7

This course is equivalent to 150 student effort hours including 6 attendance days:

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<tr>
<td>Thursday 22nd February</td>
<td>Wednesday 14th March</td>
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<td>Wednesday 28th February</td>
<td>Thursday 22nd March</td>
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<td>Thursday 8th March 2018</td>
<td>Additional assessment date May</td>
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This course is designed for health professionals who wish to extend their knowledge of contemporary theories and philosophies of the neuroscience and neuropsychology of pain and who wish to enhance their ability to assess, manage and treat persistent pain in adults. You should be a healthcare professional currently working in an appropriate area of practice.

Course aims
The course aims to enable you to develop an in-depth knowledge and understanding of pain management theory and practice in adults from a contemporary evidence-based perspective.

Content
The module covers pain physiology from peripheral innervation to the central nervous system, and the role it plays in the development and maintenance of persistent pain. Particular attention will be paid to ways in which changes in neural physiology may manifest in clinic and how such changes can be incorporated in one’s clinical reasoning. Theoretical understanding will then be applied to assessment, treatment and management of persistent pain. Assessment approaches including questionnaires and physical testing will be discussed. Management will include approaches within the biopsychosocial model such as cognitive-behavioural therapy, but also newer developments such as mindfulness and acceptance and commitment therapy. Specific treatments, for instance medication, will be placed within the biopsychosocial context.

Assessment
The assessment will consist of a presentation viva.

Who teaches this course?
The course is facilitated by Dr Hubert van Griensven, Senior Lecturer, Chartered Physiotherapist and Registered Acupuncturist. It includes contributions from eminent speakers in the field of pain management. It includes contributions from eminent speakers in the field of pain management: Dr Annina Schmid, Mr Michael Stewart, Dr Danijela Serbic and Dr Thomas Smith.

What our students say
“I have thoroughly enjoyed the course and the mix of topics covered. It has been thought provoking and so relevant”

Cost
The fee for new self-funding students is £680. Please note that the fee may vary depending on your source of funding and whether you are a returning student. To find out information about the fees visit go.herts.ac.uk/cpdfees

The course forms part of a broader CPD framework that can lead to the award of Postgraduate Certificate, Postgraduate Diploma or Master’s degree

Course Enquiries
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Booking Enquiries
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