

Course Title: **Advanced Management of Chronic Pain**

Course Code: **RHAB820**

Descriptor Start Date: **01/01/2024**

Descriptor End Date: **31/12/2025**

POINTS: **15.00**

LEVEL: **8**

PREREQUISITE/S:

COREQUISITE/S:

RESTRICTION/S:

## LEARNING HOURS

Hours may include lectures, tutorials, online forums, laboratories. Refer to your timetable and course information in Canvas for detailed information.

**Total learning hours: 150**

## PRESCRIPTOR

Develops advanced clinical reasoning for the management of complex, chronic pain conditions, utilising a biopsychosocial, person- and whānau-centred framework. Emphasises the clinical application of evidence-based interventions and critically examines contextual factors that may influence prognosis and recovery.

## LEARNING OUTCOMES

1. Demonstrate advanced clinical reasoning in the assessment of chronic pain conditions, using a biopsychosocial, person- and whānau-centred framework.
2. Critically apply evidence-based interventions for complex, chronic pain conditions.
3. Critically evaluate cultural and contextual factors that influence complex, chronic pain conditions.
4. Present work at the appropriate academic standard.

**Disclaimer: Course descriptors may be amended between teaching periods/semesters**

## CONTENT

- Biopsychosocial pain assessment
- Developing a shared formulation and treatment plan
- Enhancing engagement
- The relationship between stress and pain
- Working with unhelpful thoughts and emotions (CBT and ACT)
- Working with complex cases; personality and psychiatric disorders
- Pain and sleep
- Tailored exercise prescription for chronic pain
- Exposure therapies
- Perceptual disturbances and management of cortical reorganisation
- Contextual considerations (e.g. litigation, malingering, opioid dependence, stigma)
- Cultural considerations in pain management

## LEARNING & TEACHING STRATEGIES

A variety of methods will be used to deliver the content of the course. Teaching will be delivered online and on-site in block modules. A variety of teaching and learning techniques will be used including presentations, guest lecturers, interactive classroom discussion, practical sessions and group work.

## ASSESSMENT PLAN

Assessment Event	Learning Outcomes
Verbal Presentation (20 mins)	LO1, LO2, LO3, LO4
Written Assessment (2500 words)	LO1, LO2, LO3, LO4

### Grade Map

#### MAP1A

A+ A A- Pass with Distinction  
B+ B B- Pass with Merit  
C+ C C- Pass  
D Fail

### Overall requirement/s to pass the course:

Students must pass all learning outcomes at each summative assessment to achieve a passing grade in the course.

## LEARNING RESOURCES

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**For further information, contact:** Te Ara Hauora A Putaiao - Faculty of Health & Environmental Science

**Principal Programme:** AK3487, Postgraduate Diploma in Health Science

**Related Programme/s:** AK3484 Postgraduate Certificate in Health Science  
AK3485 Master of Health Science  
AK3487 Postgraduate Diploma in Health Science  
AK3733 Master of Health Practice

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