

Current PT Concepts in Pain Management

Cost: \$160 TAI, \$180 non-TAI

Contact Hours: 6 hours

Instructors: David Deppeler, PT, OCS, FAAOMPT
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Course Description:

This course is designed to improve the participants understanding and Management of pain in an out-patient rehabilitation setting. This course aims to inspire the clinician to openly approach patients with chronic painful conditions with a heightened understanding of the potential causes and management strategies. The course includes the presentation of current pain neuro-physiology theory and research, the concepts of breath correction relative to pain, anxiety and depression. The use of a capnotrainer for breath education will be introduced. The theoretical concepts of mindfulness are used to help build awareness around pain. The course will also include a basic assignment relative to current pharmaceutical management.

This course has been designed to meet a component of the State of Oregon Physical Therapy Licensing board requirements for pain education. Note: Oregon physical therapists must also compete the online training to complete this requirement. www.oregon.gov/dhs/pain/training.shtml

Audience: Physical Therapists, Occupational Therapists, Physical Therapy Assistants, Certified Occupational Therapists, and Athletic Trainers.

List of currently scheduled classes

Hillsboro

January 23, 2010

7:30 AM Registration

8 AM - 3 PM

Location: Pacific University Health Professions Campus
222 SE 8th Ave., Classroom 315
Hillsboro OR 97123

Description of Teaching Methods and Learning Experiences:

- Pre course pharmacology assignment
- Classroom lecture
- Lab breath assessment
- Demonstration of the capnotrainer
- Post course discussions

Course Requirements:

1. Course attendance for all 6 hours
2. Pre-Course pharmacology assignment (details posted 1 month before the course)

Learning Objectives

The participant will accurately:

1. Understand current neurophysiology theory behind pain
2. Identify habit forming pharmaceuticals for the management of pain
3. Identify symptoms and behaviors that may lead to chronic pain
4. Assess breathing patterns of classmates and eventually patients
5. Identify those who may benefit from more extensive breathing education
6. Provide basic meditation instructions relative to breath work and mindfulness
7. Communicate appropriate expectations for client performance in an out-patient rehabilitation setting relative to chronic painful conditions

Course Readings (optional):

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness, by [Jon Kabat-Zinn](#)

*Fine Print

Cancellations less than 7 days prior to the course will not be refunded

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