LECTURE 1: Setting the scene

LECTURE 2: How might the nervous system work?

LECTURE 3: Issues in the tissues

LECTURE 4: Nervy narratives

LECTURE 5:  Sensitisation – cord and brain

LECTURE 6: Sensitisation – other outputs

LECTURE 7: Explain Pain evidence, assessment & curriculum

LECTURE 8: The Protectometer

LECTURE 9: Reasoning, neuroscience and metaphor

LECTURE 10: Making Explain Pain sticky

LECTURE 11: An Explain Pain Masterclass

[EXERCISE 1. Firstly, flip to the back and complete the neurophysiology of pain questionnaire](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525598)

[EXERCISE 2.  Pick two variables that could impact an educational outcome from each category](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525599)

[EXERCISE 3. Multiple grain misconception – Fill in the grains which could construct the flawed mental model ‘I have pain therefore I am damaged’](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525600)

[EXERCISE 4. Linear or emergent?](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525601)

[EXERCISE 5. Draw a tetrapartite synapse](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525602)

[EXERCISE 6. How do we currently talk about our brains?](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525603)

[EXERCISE 7.1 Draw a brain (lateral view)](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525604)

[EXERCISE 7.2 Now try again if you wish …](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525605)

[EXERCISE 8. Write down any nuggets that you have picked up already](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525606)

[EXERCISE 9. List the likely pattern when ischaemic nociception contributes to pain](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525607)

[EXERCISE 10. You can create your own neurogenic inflammation. Try drawing…](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525608)

[EXERCISE 11. List the likely pattern when inflammatory nociception contributes to pain](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525609)

EXERCISE 12. Did anyone pick up any nuggets?

[EXERCISE 13. Feel your nerves … what did you feel?](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525611)

[EXERCISE 14. Which area, have a go!](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525612)

EXERCISE 15. Peripheral nerve nugget

[EXERCISE 16. The construction of the new protect by pain line](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525614)

EXERCISE 17. List 6 nuggets you’ve collected …

[EXERCISE 19. Output systems – what are they good for?](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525616)

[EXERCISE 20. What will you see and hear if the output systems become perturbed?](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525617)

[EXERCISE 21. Oxytocin stories](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525618)

[EXERCISE 22. Got any nuggets from this section?](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525619)

[EXERCISE 23. How do you determine a person’s pain literacy?](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525620)

[EXERCISE 24. Complete the Explain Pain curriculum – handout](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525621)

[EXERCISE 25. Draw a line from each statement to the appropriate box](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525622)

[EXERCISE 26. DIM SIM categories – give two examples in each category](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525623)

[EXERCISE 27. Your turn – fill in your Protectometer](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525624)

EXERCISE 28: Create your own Protectometer challenge

[EXERCISE 29. Can you identify more ‘SIM like’ or more ‘DIM like’- orientational metaphors based on UP IS HEALTHY? and DOWN IS UNHEALTHY?](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525626)

EXERCISE 30. Be a SIM hunter – think of journey or container ontological metaphors that are SIMs.

EXERCISE 31. Dethreaten these diagnostic metaphors

[EXERCISE 32. Now that we’ve finished, try the questionnaire again](file:///192.168.1.251/Backup/-%20COURSES/WORKBOOKS/EXPLAIN%20PAIN/2017/Explain%20Pain%202017%20Course%20Book.docx#_Toc477525629)