

Changing pain and movement behaviour in chronic low back pain – using cognitive functional therapy - Chicago 2019

Presenter of this workshop:
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In this 2-day workshop a bio-psycho-social model for the assessment and management of chronic low back pain disorders will be presented. Within this model a management approach called ‘cognitive functional therapy’ for chronic back pain disorders will be outlined. This approach represents an integrated cognitive and movement / lifestyle behavioural approach to management these complex disorders.

This workshop draws together current knowledge from Peter O’Sullivan’s ongoing clinical work and collaborative ground breaking research around the world (Australia, Belgium, Norway and Ireland) investigating the classification and management of chronic low back pain disorders. The workshop is dynamic, interactive and practical. It includes patient demonstrations, clinical reasoning and equips physiotherapists to develop skills in diagnostics as well as the design of CFT interventions for specific disorders.

Objectives

Overview of the back pain diagnosis, the evidence and management dilemma	1
Potential multidimensional underlying mechanisms to pain	2
Overview of the clinical reasoning framework of low back pain disorders	3
Develop the communication skills acquired to deal with complex pain problems	4
Develop competency in designing the cognitive component to the motor learning interventions	5
Develop competency in designing CFT interventions	6

Day one

Duration (Time: am- pm)	Addressing Competency No.	Course Content	Teaching/Learning Strategies	Learning Outcome No
08.30-09.00	1	Introduction – setting the scene with some considerations	Power point presentation	1
09.00–10.00		Overview of back pain, the evidence and the dilemma of diagnosis	Power point presentation	
10.00-10.15		Break		
10.45-11.45	2	Potential underlying mechanism for pain	Power point presentation	2
11.30-12.15	3	The clinical reasoning framework of low back pain disorders and CFT	Power point presentation	3
12.15-13.00		Lunch		
13.00-13.45		Evidence for CFT	Powerpoint demonstration	
13.45-14.00		Break		
14.00-16.00	2,3,4,5,6		Demonstration	

		Patient 1		
16.00-16.15	5	Break		
16.15-17.00		Clinical reasoning form and discussion		

Day two

Duration (Time: am- pm)	Addressing Competency No.	Course Content	Teaching/Learning Strategies	Learning Outcome No
09.00-09.30		Recap – questions from day one		
09.30-10.00	4	Communication – Introduction & Group work	Practical	
10.00-10.45	4	Motivational interviewing	Power point presentation	
10.45-11.00		Break		

11.15-12.15	5,6	Motivational Interviewing group work	Practical	
12.15-13.00		Lunch		
13.00-15.00	5,6	Patient 2	Demonstration	
15.00-15.15		Break		
14.15-15.15			Demonstration	
15.15-15.30				
15.30- 16.00		Summary and discussion		