Dr. Morten Høgh Pain Science Education

Being able to understand the difference between tissue damage, pain and suffering is essential to understanding, assessing and managing chronic pain. Or put more simply; we cannot "manage" what we don't understand, so in order to help people with chronic pain we need to make it understandable. This course will give you the necessary knowledge to start putting the puzzle together with your patients.

This course has a unique blend of academic/science and clinical experience/theories to support the clinician in allowing their patients to be experts on the lived-experience of pain.

**What to expect on the 2-day course?**

**Learning outcomes**:

After the course, participants will be able to:

* Understand the concept of a **theory as opposed to a scientific explanation** in relation to pain
* Understand and apply **mechanism-based assessment** to evaluate primary and secondary hyperalgesia in patients with acute and chronic pain
* **Apply** current knowledge about the descending pain modulatory system **to clinical practice**
* Understand best evidence for**treating non-specific** chronic low back **pain** and wide-spread pain (fibromyalgia)
* Use science to help patients **create a helpful narrative** that explains why they feel pain and what can be done to help them (psychoeducation)

**Course Outline**

**Session 1:** Pain in Context

·       Pain in context: History, Science and Society

·       Paradigms and theories of pain

**Session 2:**Essential neurosciencein relation to acute and chronic pain

·       Nociception; a necessary part of physiological pain?

·       Peripheral sensitization; is this present in all acute musculoskeletal injuries?

·       Central sensitization; is this an essential mechanism in non-specific pain?

**Session 3:**Views on assessment

·       A mechanism-based approach: Putting the pieces together into a general theory of "pain neuroscience"

·       Serious pathology; what role does inflammation play?

·       Neuropathic or not? What does nerve damage add to the clinical picture?

·       What does it mean to be Paining?

**Session 4:**Views on management/treatment

·       The descending modulatory system; explaining treatment-effects with neuroscience?

·       Exercise and pain

·       Non-specific treatment effects (placebo and nocebo effects)

·       Creating a narrative about pain; communication and psychoeducation in clinical practice