

Postgraduate Diploma in Pain Management (PGD-PM)

Pain and pain management are associated with a wide range of conditions (both acute and chronic). Year after year, life expectancy rises as technology and understanding of physical illness improve. However, the number of patients presenting with debilitating pain-related conditions is increasing.

Specialist knowledge in pain management is a valuable asset and is becoming an additional responsibility for healthcare professionals. Our flexible Postgraduate Diploma in Pain Management focuses on interdisciplinary and multidisciplinary approaches to pain management and service provision as it is such a broad and complex area of medicine.

Our distance learning diploma in pain management covers a wide range of pain-related conditions and meets the educational needs of both primary and secondary healthcare professionals. This highly practical and affordable pain management diploma emphasizes direct application to current topics, case studies, and processes pertinent to the student's own remit and country of practice.

On a successful completion of this flexible diploma in pain management, you'll be able to;

- Demonstrate a systematic understanding of the care of patients in pain management.
- Critically evaluate current research in interdisciplinary and multidisciplinary pain management.
- Demonstrate a critical understanding of self-care promotion for acute and chronic pain.
- Deliver management strategies for the investigation and treatment of patients with pain conditions.

Eligibility/Who can apply?

Our online diploma in pain management works to fit around your schedule and is ideal for Doctors, Nurses, Allied Health Professionals, Practice Nurses and those with related undergraduate degrees (such as Clinical Nurse Specialists, Physiotherapists, Chiropractors, Osteopaths, Dentists, Psychologists, Occupational Therapists, Podiatrists and Rehabilitation Specialists) or equivalent professional qualifications and background experience who wish to gain specialist knowledge in the field of chronic pain management.

Online Program:

You will be supported throughout your studies by a committed team of educational experts. Our courses are conducted entirely online through self-directed distance learning. You'll receive guidance throughout your course with tutor-stimulated academic discussions, which are based on clinically-rich case scenarios

Duration: 1 year

Level: Post Graduate

Degree Awarded: PGD in (PGD-PM)

Degree	Course Work Credit Hours	Duration	Total Credit Hours
PGD-PM	20	1- Years	20

Curriculum

Our online diploma in pain management allows you to study for just one calendar year and is a part-time, distance-learning course. The course is worth 120 credits and comprises six modules of 20 credits, each running over a period of six weeks

Course Code	Modules	Names	Credit Hours
PM1	Module 1	Mechanism of pain	2+0 CH
PM2	Module 2	Types of pain	2+0 CH
PM3	Module 3	Principles of pain Assessment and management	2+0 CH
PM4	Module 4	Multidisciplinary approaches to pain management	2+0 CH
PM5	Module 5	Pain in specialist population	2+0 CH

PM6	Module 6	Interdisciplinary service provision	2+0 CH
PM7	M 4-6	Clinical Rotation/Supervised Clinical Practice	0+8 CH

Module 1: Mechanism of pain

Module Aims

To develop an advanced understanding and knowledge of the underpinning causes and associated experiences of pain.

Module Content

- History and epidemiology. Biopsychosocial model with gender consideration
- Chronic versus acute pain e.g. distinctions
- Pain science e.g. physiology of pain systems and syndromes. Taxonomy of pain systems
- Current evidence/research
- Severe pain syndromes
- Patient considerations (spiritual/social/ethical/occupational)
- Global impact on a person in pain (spiritual/social/ethical/occupational)

Learning Outcomes

1. Application of the biopsychosocial model to the varied presentations of pain
2. Apply knowledge of complex pain mechanisms to the differentiation between, and impact of, acute and chronic pain

Module 2: Types of pain

Module Aims

Enhance the knowledge and understanding of different types of pain with an emphasis on clinical importance.

Module Content

- ISP taxonomy of different types of pain
- Acute vs. chronic. Importance of early recognition and prevention of chronicity. Clinically important aspects of acute and chronic pain; difference between nociceptive and neuropathic pain.
- Cancer/Visceral
- Headache/Neuropathic
- Fibromyalgia/musculoskeletal
- Understanding of pain changes in the light of new evidence

Learning Outcomes

1. Critically discriminate between different types of pain
2. Demonstrate knowledge of the complex clinical considerations that need to be taken into account in different types of pain

Module 3: Principles of pain Assessment and management

Module Aims

To develop a critical knowledge of the clinical principles and practice of pain assessment and management.

Module Content

- Assessment
- Measurement
- Diagnosis and Prognosis
- Treatment modalities - Primary Care (British Society Guidance 26/8)
- Alternative treatment modalities
- Clinical management (British Society Guidance 28/30)
- Roles, responsibilities and management

Learning Outcomes

1. Critically analyze the assessment and treatment of patients with different pain presentations.

2. Critically appraise treatment modalities in different clinical scenarios

Module 4: Multidisciplinary approaches to pain management

Module Aims

To develop an understanding of different treatment approaches to pain within the context of overall approach to pain management.

Module Content

- Physiology/Pharmacology /Medication
- Psychology/Cognitive Behavior
- Manual therapies
- Patient Education/Self-Management/ Preventative Education
- Functional Rehabilitation
- Surgery and Post Surgery Care
- Deployment of different modalities for maximum effect

Learning Outcomes

1. Critically analyze current evidence related to multi-disciplinary approach of treating different types of pain
2. Critically evaluate the risk and benefits of different approaches to pain management

Module 5: Pain in specialist population

Module Aims

Students will have an understanding and appreciation of pain across the life-span and experience.

Module Content

- Older People
- Infants and children

- Disabilities including those with limited communication skills
- Pregnancy
- Vulnerable populations
- Pain in individuals with substance abuse
- Looking at how pain will present itself in all groups
- Considering similarities and differences
- Physical and psychological disorders
- How pain changes
- How to communicate in pain and cognitive impairment
- Working with vulnerable populations (mental health issues, homelessness, learning disabilities, delirium, dementia)
- Social aspects of pain (stigma, social isolation, labelling stigma, labelling isolations)
- Enhancing communication with different social groups

Learning Outcomes

1. Demonstrate ability to manage pain in a variety of complex situations and /or populations
2. Demonstrate ability to communicate with populations who have complex/specific or changing needs

Module 6: Interdisciplinary service provision

Module Aims

To draw on the knowledge and understanding of previous modules to critically evaluate the development of interdisciplinary pain services

Module Content

- Evidence supporting interdisciplinary and multidisciplinary of pain
- Organizational services The consequences and influence arising from organizations
- The management team in a clinical setting
- The role of evaluating organizations, clinical settings (the way care is organized)

- The realistic expectations of the practitioner
- Emerging ideas of services
- How emerging updated guidelines and impact of services.

Learning Outcomes

1. Critically analyze the benefits of inter and multidisciplinary pain management in a clinical setting and the consequences within healthcare schemes
2. Demonstrate expertise in organizing approaches to pain management