



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Pain 202

Sub-Title: Evaluation and Pain Management

Target Audience: OT/OTA

Course Length: 1 hour

Course Author/Instructor: Brown, MS, OTR/L, CHT

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

At the conclusion of the course, participants will be able to:

- Differentiate acute from chronic pain
- Explain the biopsychosocial model of pain
- Describe two common acute and two common chronic pain syndromes
- Summarize two approaches to pain evaluation
- Describe occupationally based approaches to pain intervention

Outline of Content:

Hour #1

Definitions of pain
Biopsychosocial model of pain
Pain syndromes
Headache pain
Low back pain
Arthritis
Complex regional pain syndrome
Myofascial pain syndrome
Fibromyalgia
Cancer pain
Disability-related pain
Evaluation
Intervention
Medication

Activity tolerance
Body mechanics and posture training
Energy conservation, pacing, and joint protection
Splinting
Adaptive equipment
Relaxation
Biofeedback
Distraction
Therapeutic modalities
Transcutaneous Electrical Nerve Stimulation
Relapse management
Summary

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course. See course formats for additional details.

Course Completion Requirements:

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:

- Category 1: Domain of OT
- Category 2: Occupational Therapy Process
- Category 3: Professional Issues

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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