2023 Pain Care Skills Training Virtual
Pain Neuroscience Education from an Occupational Therapy Perspective
Presented by: Corinne M. Heffernan, DSc, OTR/L
Offered: 24 AUGUST AM 0830-1030 EST - 2 hours
Location: ZoomGov

Course Description: This virtual workshop will introduce participants to Occupational Therapy’s role in the treatment of pain and pain related diagnoses as well as an Occupational Therapist’s use of Pain Neuroscience Education (PNE). Participants will develop an understanding of patient education and empowerment as essential components of pain management and learn strategies for implementing PNE. The workshop will include interactive checks on learning, a case example and review of a recent research study utilizing PNE, giving participants the opportunity to consider the usefulness of applying PNE in their own practice.

Learning Objectives:

1) Explain the concept of Pain Neuroscience Educaiton (PNE) and its role in chronic pain management.
2) Understand the role of Occupational Therapy (OT) in managing pain and how PNE can be integrated into OT practice.
3) Discuss the anatomy and physiology of pain and explain how pain is processed in the brain.
4) Outline PNE techniques that can be used to enhance patient outcomes and discuss current research relevant to PNE.

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0830-0945 Overview of PNE
Understanding Pain from an OT Perspective
Review the Neuroscience of Pain
Applying PNE in OT Practice
Case Example

0945-1000 BREAK

1000-1030 Research highlight: Neuroscience Education for Service Members with Acute Pain
Review and Conclusion