

PHYT 722 Pain Science Learning Objectives by Domain

Day 1: Introduction to Pain Neuroscience

#	Learning Objective	AOPT Pain Education Module Domain ¹
1	Define pain using the 2020 IASP classification	Diagnosis of Pain
2	Recognize the incidence, prevalence, and economic burden of pain conditions in the United States	Epidemiology
3	Describe the difference between acute and chronic pain	Epidemiology
4	Explain the biopsychosocial model and its relevance to pain, one's response to pain, and the impact of pain on one's life	Epidemiology
5	Describe primary components of neuroanatomy in the peripheral and central nervous system	Basic Pain Neuroscience
6	Explain the major characteristics of the following pain mechanisms: nociceptive, neuropathic, nociplastic	Diagnosis of Pain
7	Identify factors that can affect nociceptor neuroplasticity	Basic Pain Neuroscience
8	Identify the biological, physical, and psychosocial factors that contribute to the development of chronic pain	Contributing and Predisposing Factors to Chronic Pain

Day2: Application of Pain Neuroscience into Practice

#	Learning Objective	AOPT Pain Education Module Domain ¹
1	Identify appropriate tools (patient-reported outcome measures, behaviors, and/or physiologic parameter) for identifying pain based on pain mechanism: nociceptive, neurogenic, nociplastic	Physical Therapist Assessment of Pain
2	Describe how sensory perception and threshold to perceive a sensory stimulus may be altered in chronic pain conditions	Physical Therapist Assessment of Pain
3	Identify evidence-based interventions that can be individualized to a patient based on chronicity of symptoms and pain mechanism: nociceptive, neurogenic, nociplastic	Physical Therapist (Non-Pharmacologic) Management of Pain
4	Practice evidence-based patient education about pain neuroscience in order to help patients make sense of their pain	Physical Therapist (Non-Pharmacologic) Management of Pain

Bibliography

1. Shepard M, Courtney C, Wassinger C, Davis DS, Rubine B. *Pain Education Manual For Physical Therapist Professional Degree Programs*. Academy of Orthopaedic Physical Therapy, APTA, Inc.; 2021.