

The University of British Columbia - School of Kinesiology
KIN 489F: SEMINAR IN PAIN

Instructor: Dr. John Kramer

Contact information: kramer@icord.org

Office hours: Email to set up time

Time: Tuesdays & Thursdays, 9:30 to 11:00AM

Location: Neville Scarfe – Room 1328

Course objective*: To instill the knowledge and skills necessary to advance the science and management of pain as part of an interprofessional team. The fundamental concepts and complexity of pain include how pain is observed and assessed, collaborative approaches to treatment options, and application of pain competencies across the lifespan in the context of various settings, populations, and care-team models. An interprofessional pain curriculum provides a common basis for different professions to learn the same language as well as a basic understanding of pain mechanisms and major biopsychosocial concepts important to all.

*abstracted from the International Association for the Study of Pain Interprofessional Pain Curriculum Outline

Objectives:

At the successful completion of this course, students will be able to address the following questions:

1. What is pain?
2. How is pain recognized?
3. How is pain relieved?
4. How does context influence pain management?

Course summary:

The course is divided into 1.5 hours of lecture and 1.5 hours of tutorial each week. Lectures will take place on Tuesday and cover selected readings. Lectures will be delivered by different instructors with relevant experience in the field of pain. Tutorials will comprise “journal club” presentations of relevant scientific articles (selected by Dr. Kramer) to the topic discussed that week. Any additional time in tutorial will be set aside for students to prepare their final project (outlined below).

Specific course elements and evaluation:

Canvas Quizzes (20%)

Weekly online Canvas quizzes will be available after each lecture and will be based on lecture topic and Tuesday Lecture reading (see Course Schedule below). Quizzes must be submitted by Saturday at 11:59PM. The top 9 of 10 quiz marks will count towards final grade.

Journal club presentations (35%)

Beginning in the 4th week of class, groups of 4 students will present a “journal club”. In brief, the presentation will focus on discussing the rationale, methods, results, and interpretation of a scientific paper in the area of pain. Two example journal clubs will be demonstrated in the first two weeks of class (both in Thursday tutorial). Students are expected to adopt a similar format for their presentation. The presenting group is responsible for identifying an article relevant to that week’s lecture ahead of the scheduled presentation. The article selected must be indexed on Pubmed and reviewed by Dr. Kramer.

Journal club assignments (10%)

The assignment consists of creating a simple illustration that outlines the aims and key findings of the study presented each week in journal club. Assignments must be submitted on Canvas by Saturday at 11:59PM. Assignments do not need to be submitted by members of the presenting group. The top 8 of 9 assignment marks will count towards final grade.

Final Assignment – Poster Presentation (35%)

In pairs, students will create a scientific poster of a study identified on ClinicalTrials.gov. Instructions on how to use ClinicalTrials.gov will be provided in tutorial, as well as tips for creating a scientific poster. Presentations of the poster will be made in the final week of class. The presentation of the poster will account for 40% of the Final Assignment grade.

Course schedule:

Week	Topic	Instructor	Tuesday lecture reading	Thursday tutorial activity	Canvas Quiz
Jan 6 th	Introduction, terminology and epidemiology, and impact of pain on health	Dr. J. Kramer	Henschke N, Kamper SJ, Maher CG. <i>The epidemiology and economic consequences of pain</i> . <i>Mayo Clin Proc</i> . 2015 Jan;90(1):139-47. PMID: 25572198	Journal club example #1	None
Jan 13 th	Ethics of pain and pain management	Dr. A. Ho	Edwards RB. <i>Pain and the ethics of pain management</i> . <i>Soc Sci Med</i> . 1984;18(6):515-23. PMID: 6710192	Journal club example #2	Quiz #1
Jan 20 th	Anatomy and physiology of pain	J. Archibald	Marchand S. <i>The physiology of pain mechanisms: from the periphery to the brain</i> . <i>Rheum Dis Clin North Am</i> . 2008 May;34(2):285-309. PMID: 18638678	Journal club #1	Quiz #2
Jan 27 th	Measurement of pain	Dr. B. Cairns	Chapman CR, Casey KL, Dubner R, Foley KM, Gracely RH, Reading AE. <i>Pain measurement: an overview</i> . <i>Pain</i> . 1985 May;22(1):1-31. PMID: 4011282	Journal club #2	Quiz #3
Feb 3 rd	Sex differences in pain*	J. McDougall	Bartley EJ, Fillingim RB. Sex differences in pain: a brief review of clinical and experimental findings. <i>Br J Anaesth</i> . 2013 Jul;111(1):52-8. PMID: 23794645	Journal club #3	Quiz #4
Feb 10 th	Neuropathic pain	Dr. J. Rosner**	Colloca L, Ludman T, Bouhassira D, et al. Neuropathic pain. <i>Nat Rev Dis Primers</i> . 2017;3:17002. Published 2017 Feb 16. PMID: 28205574	Journal club #4	Quiz #5
Feb 17 th	Reading Week				
Feb 24 th	Psychology of pain	Dr. K. Craig	Hadjistavropoulos T, Craig KD, Duck S, Cano A, Goubert L, Jackson PL, Mogil JS, Rainville P, Sullivan MJL, Williams ACC, Vervoort T, Fitzgerald TD. <i>A biopsychosocial formulation of pain communication</i> . <i>Psychol Bull</i> . 2011 Nov;137(6):910-939. PMID: 21639605	Journal club #5	Quiz #6
March 2 nd	Placebo and nocebo	Dr. J. Kramer	Carlino E, Frisaldi E, Benedetti F. <i>Pain and the context</i> . <i>Nat Rev Rheumatol</i> . 2014 Jun;10(6):348-55. PMID: 2456706	Journal club #6	Quiz #7
March 9 th	Nonpharmacological management of pain	L. Solomons	Hassett AL, Williams DA. Non-pharmacological treatment of chronic widespread musculoskeletal pain. <i>Best Pract Res Clin Rheumatol</i> . 2011;25(2):299–309. PMID: 17602997	Journal club #7	Quiz #8
March 16 th	Cannabis and pain	Dr. L. Linde	Beaulieu P, Boulanger A, Desroches J, Clark AJ. Medical cannabis: considerations for the anesthesiologist and pain physician. <i>Can J Anaesth</i> . 2016;63(5):608–624. PMID: 29635215	Journal club #8	Quiz #9
March 23 rd	Clinical and patient experience	Ann Sleeper Karen Hakansson	Sacristán JA. Patient-centered medicine and patient-oriented research: improving health outcomes for individual patients. <i>BMC Med Inform Decis Mak</i> . 2013;13:6. Published 2013 Jan 8. PMID: 23294526	Journal club #9	Quiz #10
March 30 th	Poster Presentations				

*lecture will take place Thursday instead of Tuesday, making Quiz #5 due Sunday by 11:59PM

**visiting lecture from University Hospital Balgrist, Zurich, Switzerland

Course rules

Late submissions will be penalized