

Pain Management

Postgraduate Diploma and MSc Courses





Postgraduate Diploma

Delivered over 1 year, the online, part-time, Postgraduate Diploma course is specially developed for busy health professionals. Formatted in 6 modules, each 6 weeks in duration; the course is designed to be practical and clinically focused.

MSc

The MSc runs over 1 calendar year, starting with an initial 12 week online module to develop their skills in critical appraisal and knowledge of research methodologies. Students then complete the professional project module which consists of a 1,500 word proposal and 10,500 word professional project.

Why study Pain Management with us?

Taught completely online, our Postgraduate Diploma and MSc course in Pain Management are designed to help healthcare professionals specialise in their career and aid the need for more pain management professionals.

The course has been developed 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.

Our Pain Management courses are offered in conjunction with our partner, the University of South Wales, who have developed a strong reputation for delivering innovative learning.

Students may apply for the MSc in Pain Management as a two-year course, firstly completing the Postgraduate Diploma (120 credits), followed by the MSc (60 credits).

Pain Management Postgraduate Diploma

Course Modules

Our online Pain Management Postgraduate Diploma 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.

Module 1 - Mechanisms of Pain

Aim of the module:

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

Synopsis of 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)

On completion of this module, students will be able to:

1. Apply 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

Aim of the module:

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

Synopsis of 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

On completion of this module, students will be able to:

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

Aim of the module:

- To develop a critical understanding of the anatomy, physiology and diseases of the pancreas.

Synopsis of module content:

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

On completion of this module, students will be able to:

1. Critically analyse 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

Aim of the module:

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

Synopsis of module content:

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

On completion of this module, students will be able to:

1. Critically analyse 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



Little did I know that the MSc was going to be a significant stepping stone in my medical career! Both the diploma and MSc were invaluable in terms of expanding my knowledge and management of Diabetes Medicine, but also enhanced my critical thinking and writing skills.

- Dr Kevin Fernando

Module 5 - Pain in Specialist Populations

Aim of the module:

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

Synopsis of 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

On completion of this module, students will be able to:

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

Aim of the module:

- To draw on the knowledge and understanding of previous modules to critically evaluate the development of inter-disciplinary pain services.

Synopsis of module content:

- Evidence supporting inter-disciplinary and multi-disciplinary of pain
- Organisational services
- The consequences and influence rising from organisations
- The management team in a clinical setting
- The role of evaluating organisations, clinical settings (the way care is organised)

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"When I enrolled into the course I had no idea about the opportunities it would provide me with. Having my first paper published through this course helped me overcome my apprehensions of academic writing and made me more confident to pursue it further. "

- Rutu Dave



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

On completion of this module, students will be able to:

1. Critically analyse the benefits of inter and multi-disciplinary pain management in a clinical setting and the consequences within healthcare schemes
2. Demonstrate expertise in organising approaches to pain management

Teaching Methods

Our courses are conducted entirely online through self-directed distance learning. However, you will receive guidance throughout with tutor-stimulated academic discussions, which are based on clinically-rich case scenarios. These usually occur within groups of 10-15 students, allowing you to clearly communicate with both your tutor and fellow students.

You will participate in a combination of group and individual activities, which are recorded in a reflective journal. This innovative teaching method enables you to envisage the translation of your studies into your every day work and practice.

Our dedicated Student Support Team are also available to help with any problems you may face. From navigating our online platform to advising you on deadlines, our team can assist with any questions or challenges you may have along the way.

Study skills week

Once you have secured your place on the course, you will be invited to a Study Skills week webinar. This will give you the opportunity to participate in workshops on Harvard referencing, scientific and reflective writings, and levels of evidence in preparation for your studies. It is not compulsory for you to attend our Induction Day but it is recommended, as it'll provide you with a sturdy introduction to the course.

Pain Management Postgraduate Diploma

Entry Requirements

Documents required:

- A copy of your updated CV including your address and date of birth.
- A copy of your undergraduate degree certificate.
- The name and email address of someone who is able to provide a reference, this can be a work colleague, employer or former tutor.
- A detailed personal statement explaining why you would like to undertake the course.

Health professionals working within a clinical setting, both UK and overseas, with a related Healthcare Science degree (including international qualifications) are eligible to apply for the Postgraduate Diploma in Pain Management.

Applicants without the above academic criteria but relevant/suitable experience can apply. Applications will be judged on the individual specifics of background and qualifications including ability to work at Postgraduate level (applicants may be asked to submit a piece of work for assessment to confirm that they are able to work comfortably at postgraduate level and demonstrate requisite clinical/professional knowledge).

Applicants should submit copies of the following with their application:

Proficiency in the English language is also essential to completing our courses. If English is NOT your first language, we ask for proof of competency during the application process. We are able to accept an IELTS overall score of 6.0 (with a minimum of 5.5 for each band) or an equivalent qualification.



Pain Management MSc

Course Modules

Module 1 - Research Methodologies and Critical Appraisal

Aim of the module:

- To help students recognise, understand, interpret and apply methods used in healthcare research and critically appraise the various methodologies in pain management research, thus developing leadership skills

Synopsis of the module:

- Terminology used in epidemiology and research studies such as prevalence, incidence, sensitivity, specificity, false positive and false negatives
- Interpreting graphical representation of epidemiological and statistical data such as Kaplan-Meier Curves, Forrest Plots and Meta-analyses
- Calculations used in the assessment of research data such as relative risk, absolute risk, number needed to treat
- Basic statistical tests and their applications including t-Tests, ANOVA, Chi-Square
- Methodologies as applied to interdisciplinary and multidisciplinary pain management research
- Principles of evidence-based practice and its application into the clinical setting
- Research into educational principles for both healthcare practitioner and patient
- Understanding what may work for the patient as well as the educator

On completion of this module, students will be able to:

1. Analyse and interpret research in pain management
2. Compare and contrast the different research methods in healthcare with an emphasis on pain management

Module 2 - Professional Project

Aim of the module:

- Develop an ability to critically evaluate areas of professional practice
- Critically appraise specific areas of clinical, research and organisational practice
- Develop skills in independent research and study
- Develop skills relevant to scientific publications

Synopsis of the module:

The module will depend on the creation of a piece of work based upon a specific clinically related project relevant to the student's practice

This project may comprise:

- Literature review and appraisal of the evidence
- Audit of practice including organisational or clinical
- Review and implementation of evidence-based practice
- Qualitative or quantitative research (formal research involving human subjects is not anticipated)
- Case-based and quality of service review with critical appraisal
- Case report, review of literature and organisational assessment

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On completion of this module, students will be able to:

1. Produce an extensive piece of literature, which may be suitable for peer-reviewed publication.
2. Critically evaluate practice and suggest improvements for change
3. Incorporated knowledge of the research process in developing services appropriately

Teaching Methods

Module 1 - Research Methodologies and Critical Appraisal

MSc teaching methods for this module are similar to the Postgraduate Diploma course modules, however it is run over 12 weeks.

Module 2 - Professional Project

To produce the professional project, students continue to use the online course; however much of the work is self-directed.

Students are expected in the first 8 weeks to interact with their tutor on a weekly basis. Students select a specific project and submit a project summary/ proposal (approximately 1,500 words).

Once the proposal has been approved, the professional project (10,500 words) itself is then completed through online guidance and supervision offered by the tutor. The student and tutor will interact regularly (weekly) on the dedicated students/ tutor discussion area or through any other means of communication deemed appropriate by both parties (telephone/ SKYPE/ email). Note of any verbal communication with the tutor is recorded in the student's journal by the student.

Entry Requirements

Entry to the one year Pain Management MSc will require successful completion of the Pain Management Postgraduate Diploma (120 credits). This can be from Diploma MSc, the University of South Wales or another UK university (having completed similar modules). We can discuss this with you during your application.

Individuals who have not completed the postgraduate diploma can apply for the Pain Management MSc as a two year course consisting of eight modules (180 credits) with the first 120 credits deriving from the postgraduate diploma.

Entry requirements for the two-year course are as for the Postgraduate Diploma.

Applicants should be working in a clinical setting, either in the UK or overseas, and have a science degree in a relevant subject.

You will also need to submit copies of the following with your application:

- Qualification certificates
- A maximum of two professional and/or academic references
- IELTS score of 6.0 with a minimum of 5.5 for each band (or an equivalent qualification)

Graduates of this course will receive a Master of Science award from the University of South Wales, Diploma MSc's collaborative partner. The Pain Management MSc course provides a progression route for the Postgraduate Diploma course in Pain Management



What do our students think?

Since 2010, over 1000 students have progressed their medical career by enrolling in one of our qualifications. We ourselves have learned a lot during this time and continually seek to improve the student learning experience. Here is what some of our previous students have said:

"I found the online learning very interesting. It enabled me to save money and time."

Dr Imad Eddin Rahamtalla, Doctor

"I strongly recommend Diploma MSc to all those busy physicians who are working in remote areas and wish to upgrade their knowledge."

Dr Junaid Zaffar, Diabetologist

"The learning was fun and enjoyable. The course was awesome and it increased my confidence."

Dr Sankar Nath Jha, Assistant Professor

"I found learning with Diploma MSc interesting, it helped to update my academic knowledge."

Dr Prasanth Kinattupurayil, Doctor

"I love that it was flexible and that I could log in at my convenience. I found this course to be very in-depth, informative, challenging and stimulating."

Kerri-Ann Best PGDip, RD



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