

Module Head: Dr. Ara Li

Last update: 19 July 2023

| Session | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | Exam |
|---------|------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|----------|
| Date | 21/9 (Thu) | 9/10 (M) | 16/10 (M) | 30/10 (M) | 6/11 (M) | 13/11 (M) | 27/11 (M) | 4/12 (M) | 9/12 (S) |
| Time | 1830-2130 | 1830-2130 | 1830-2130 | 1830-2130 | 1830-2130 | 1830-2130 | 1830-2130 | 1830-2130 | PM |
| Venue | OLC SR | CSLC AB | CSLC AB | CSLC AB | CSLC AB | OLC SR | CSLC AB | CSLC AB | (TBC) |

| Theme | Content | Speakers | Session | Date |
|--|---|--|---------|------------|
| Pain Management and Assessment | Acute and chronic musculoskeletal pain (trauma, surgery, degeneration, rheumatism, MPS, fibromyalgia) and concept of multi-modal analgesia. | Dr. Debriel OR (Anaesthetist) | 2 | 9/10 (M) |
| | LBP and Neuropathic Pain involves limbs: CRPS, PLP, peripheral neuropathies | Dr. Ara LI (Anaesthetist) | 3 | 16/10 (M) |
| | Non-pharmacological modalities for pain relief | Mr. Ricky LAU (Traditional Chinese Medicine / Physiotherapist) | 4 | 30/10 (M) |
| | The assessment of pain: grading and monitoring Cognitive & Psychosocial Assessment | Professor SY CHAIR (Nurse) | 5 | 6/11 (M) |
| Psychosocial Aspects of Rehabilitation | Psychiatric Disorders and Pain | Professor Steven CHAU (Psychiatrist) | 1 | 21/9 (Thu) |
| | Effect of psychosocial conditions on pain perception and rehabilitation: e.g. IOD and litigation, Post-Traumatic Stress Disorder, etc. | Dr. CK WONG (Psychiatrist) | 6 | 13/11 (M) |
| | Pain Management from Physiotherapy perspective | Mr. Leo CHEUNG (Physiotherapist) | 7 | 27/11 (M) |
| | Role of Psychotherapy on pain management and rehabilitation: e.g. acceptance, active coping, cognitive behaviour therapy, etc. | Ms. Susanna CHOY (Clinical Psychologist) | 8 | 4/12 (M) |
| | Written Examination | | ---- | |

Venue: CSLC AB Room A&B, KCT Clinical Skills Learning Center, 2/F, Lui Che Woo Clinical Sciences Building, Prince of Wales Hospital, Shatin
 OLC SR Seminar Room, Orthopaedic Learning Centre, 1/F, Li Ka Shing Specialist Clinic (North Wing), Prince of Wales Hospital, Shatin
 (TBC) To Be Confirmed

Brief Description:

Pain in particular chronic pain of the musculoskeletal system is closely linked to psychosocial consequences of disability and proper management is the key to rehabilitation. The new arrangement will provide a holistic approach, and enables participants to explore more deeply the psychosocial issues that arise from musculoskeletal impairments and disabilities and to prepare them for further studies in health counseling or behaviour therapy. In addition the causes, nature and types of musculoskeletal pain are discussed, and introduction to management including the psychosocial interventions, medications, interventional treatments and alternative treatments including Chinese medicine.

骨關節系統的慢性疼痛對病人的心理社交有密切的因果關係，適當的管理是康復的關鍵。本科目將令學員更深入地探索骨關節損傷和身體障礙所產生的心理社交問題，諮詢或行為治療。亦會討論骨關節疼痛的原因，性質和類型，包括心理社交治療，藥物治療，介入治療以及中藥在內的另類療法。

Learning Outcome:

Students should be able to understand and apply:

- | | |
|--|---|
| A. Principles of pain management | B. Psychosocial aspects of rehabilitation |
| 1. Mechanisms of pain and theory | 1. Psychosocial issues, presentations, subjective and objective assessments |
| 2. Survey of common causes of musculoskeletal pain | 2. Post-traumatic stress disorders and related problems |
| 3. Psychosocial aspects of pain and non-medication treatment of pain | 3. Acute interventions |
| 4. Pain medication and pharmacology | 4. Psychosocial issues and management of musculoskeletal injuries (CBT) |
| 5. Interdisciplinary approach | |

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- For assignments in the form of a computer-generated document that is principally text-based and submitted via VeriGuide, the statement, in the form of a receipt, will be issued by the system upon students' uploading of the soft copy of the assignment.

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Assessment: (Face-to face mode)

Written assessment

Date: 9/12/2023 (Sat)

Time: PM (to be confirmed)

Venue: (to be confirmed)

Speakers:

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|-----------------------------|---|
| Dr. Ara Li (Coordinator) | MBChB, FJKCA, FANZCA Consultant, Pain Management Team, Department of Anaesthesia and Intensive Care, Prince of Wales Hospital |
| Dr. Steven Chau | MBBS(HK), MSc(UCL), MRCPsych, FHKAM(Psychiatry) Assistant Professor (Clinical), Department of Psychiatry, The Chinese University of Hong Kong |
| Dr. Debriel Or | MBChB, FHKCA, FPM(HKCA), FHKAM(Anaes), FANZCA Consultant, Pain Management Team, Department of Anaesthesiology and Operating Services, North District Hospital and Alice Ho Miu Ling Nethersole Hospital |
| Mr. Ricky Lau | MSc in Acupuncture (CUHK), Registered CMP, Registered PT Director of Ricky Lau Chinese Medicine and Physiotherapy Centre / Professional Consultant (Hon), Hong Kong Institute of Integrated Medicine, the Chinese University of Hong Kong |
| Professor SY Chair | RN, PhD, FAAN, FHKAN Vice-Director of Research and the Head of Graduate Division, Nethersole School of Nursing, The Chinese University of Hong Kong |
| Dr. CK Wong, JP | MBBS, MRCPsych, MD, FRCPsych, FHKCpsych, FHKAM (Psychiatry) Specialist in Psychiatry |
| Mr. Leo Cheung | MSc. in Health Care (Physiotherapy), BSc. in Physiotherapy, Dip.in Eipdemiology and Biostatistics Department Manager of Physiotherapy in Alice Ho Miu Ling Nethersole Hospital |
| Ms. Susanna Choy | MSSc Clinical Psychology, Registered Clinical Psychologist Clinical Placement Coordinator, Master of Clinical Psychology Programme (HKU / CUHK) |