

Module Head: Dr. Ara Li

Last update: 30/7/2024

Session	1	2	3	4	5	6	7	8	Exam
Date	21/10 (M)	28/10 (M)	4/11 (M)	11/11 (M)	18/11 (M)	25/11 (M)	2/12 (M)	9/12 (M)	20/12 (F)
Time	1830-2130	1830-2130	1830-2130	1830-2130	1830-2130	1830-2130	1830-2130	1830-2130	1900 -
Venue	OLC SR	OLC SR	OLC SR	OLC SR	OLC SR	OLC SR	OLC SR	OLC SR	WMY301 (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)	1	21/10 (M)
	LBP and Neuropathic Pain involves limbs: CRPS, PLP, peripheral neuropathies	Dr. Ara LI (Anaesthetist)	2	28/10 (M)
	Non-pharmacological modalities for pain relief	Mr. Ricky LAU (Traditional Chinese Medicine / Physiotherapist)	3	4/11 (M)
	The assessment of pain: grading and monitoring Cognitive & Psychosocial Assessment	Professor SY CHAIR (Nurse)	4	11/11 (M)
Psychosocial Aspects of Rehabilitation	Psychiatric Disorders and Pain	Professor Steven CHAU (Psychiatrist)	5	18/11 (M)
	Effect of psychosocial conditions on pain perception and rehabilitation: e.g. IOD and litigation, Post-Traumatic Stress Disorder, etc.	Dr. CK WONG (Psychiatrist)	6	25/11 (M)
	Pain Management from Physiotherapy perspective	Mr. Leo CHEUNG (Physiotherapist)	7	2/12 (M)
	Role of Psychotherapy on pain management and rehabilitation: e.g. acceptance, active coping, cognitive behaviour therapy, etc.	Ms. Susanna CHOY (Clinical Psychologist)	8	9/12 (M)
	Written Examination		----	20/12 (F)

Venue: OLC SR Seminar Room, Orthopaedic Learning Centre, 1/F, Li Ka Shing Specialist Clinic (North Wing), Prince of Wales Hospital
 WMY301 Room WMY301, 3/F, Wu Ho Man Yuen Building, Lower Level, Campus, the Chinese University of Hong Kong, 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:

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|--|---|
| 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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Assessment: (Face-to face mode)

Written assessment

Date: 20/12/2024 (Fri)

Time: 7:00PM (to be confirmed)

Venue: WMY301, *(to be confirmed)*

Speakers:

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 Epidemiology 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)