MRGO5102 Pain Management and Psychosocial Aspects of Rehabilitation (2 Credit units) **2026/27**

疼痛治療及康復的社會心理因素

Module Head: Dr. Ara Li ***Last update: 20/8/2026***

Session	1	2	3	4	5	6	7	8	Exam
Date	5/10 (M)	12/10 (M)	26/10 (M)	2/11 (M)	9/11 (M)	16/11 (M)	23/11 (M)	30/11 (M)	12/12 (S)
Time	1830-2130	1830-2130	1830-2130	1830-2130	1830-2130	1830-2130	1830-2130	1830-2130	PM
Venue	WMY408	WMY408	WMY408	WMY408	WMY408	WMY408	WMY408	WMY408	*(TBC)*

Theme	Content	Speakers	Session	Date
Pain Management and Assessment	LBP and Neuropathic Pain involves limbs: CRPS, PLP, peripheral neuropathies	Dr. Eric NG (Anaesthetist)	1	5/10 (M)
	Acute and chronic musculoskeletal pain (trauma, surgery, degeneration, rheumatism, MPS, fibromyalgia) and concept of multi-modal analgesia.	Dr. Debriel OR (Anaesthetist)	2	12/10 (M)
	The assessment of pain: grading and monitoring Cognitive & Psychosocial Assessment	Professor SY CHAIR (Nurse)	3	26/10 (M)
	Non-pharmacological modalities for pain relief	Mr. Ricky LAU (Traditional Chinese Medicine / Physiotherapist)	4	2/11 (M)
	Pharmacological approaches for Pain Management and Drug Abuse	Dr. Simon LEUNG (Orthopaedic Surgeon)	5	9/11 (M)
	Pain Management from Physiotherapy perspective	Mr. Leo CHEUNG (Physiotherapist)	6	16/11 (M)
Psychosocial Aspects of Rehabilitation	Effect of psychosocial conditions on pain perception and rehabilitation: e.g. IOD and litigation, Post-Traumatic Stress Disorder, etc.	Dr. CK WONG (Psychiatrist)	7	23/11 (M)
	Role of Psychotherapy on pain management and rehabilitation: e.g. acceptance, active coping, cognitive behaviour therapy, etc.	Ms. Susanna CHOY (Clinical Psychologist)	8	30/11 (M)
	Written Examination		----	12/12 (S)

Venue: WMY408 Room WMY408, Wu Ho Man Yuen Building, CUHK Campus, 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
1. Mechanisms of pain and theory
2. Survey of common causes of musculoskeletal pain
3. Psychosocial aspects of pain and non-medication treatment of pain
4. Pain medication and pharmacology
5. Interdisciplinary approach

B. Psychosocial aspects of rehabilitation
1. Psychosocial issues, presentations, subjective and objective assessments
2. Post-traumatic stress disorders and related problems
3. Acute interventions
4. Psychosocial issues and management of musculoskeletal injuries (CBT)

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- In the case of group projects, all members of the group should be asked to sign the declaration, each of whom is responsible and liable to disciplinary actions, irrespective of whether he/she has signed the declaration and whether he/she has contributed, directly or indirectly, to the problematic contents.
- 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: 12/12/2026 (Sat)

Time: PM (to be confirmed)

Venue: CUHK Campus *(to be confirmed)*

Speakers:

Dr. Ara Li (Coordinator)	MBChB, FHKCA, FANZCA Consultant Anesthesiologist / Director of Pain Management, Department of Anaesthesia, Pain & Perioperative Medicine, Prince of Wales Hospital
Dr Eric Ng	MBBS, FHKCA, FHKAM(Anaes), FRMANZCA Associate Consultant Anesthesiologist, Department of Anaesthesia, Pain and Perioperative Medicine, Prince of Wales Hospital
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
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
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
Dr. Simon Leung	MB.ChB(CUHK), MMed(Pain Mgt)(Syd), MRCSEd, FRCSEd (Orth), FHKCOS, FHKCOS(Rehab), FHKAM (Ortho Surg) Consultant, Department of Orthopaedic Rehabilitation, Tai Po Hospital
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
Dr. CK Wong, JP	MBBS, MRCPsych, MD, FRCPsych, FHKCPsych, FHKAM (Psychiatry) Specialist in Psychiatry
Ms. Susanna Choy	MSSc Clinical Psychology, Registered Clinical Psychologist Clinical Placement Coordinator, Master of Clinical Psychology Programme (HKU / CUHK)