



**Karolinska
Institutet**

Course syllabus for

Pain - From Physiology to Multimodal Rehabilitation, 15 credits

Smärta - från fysiologi till multimodal rehabilitering, 15 hp

This course syllabus is valid from autumn 2019.

Please note that the course syllabus is available in the following versions:

[Autumn2019](#) , [Autumn2020](#) , [Spring2021](#) , [Spring2022](#) , [Spring2023](#)

Course code	2QA283
Course name	Pain - From Physiology to Multimodal Rehabilitation
Credits	15 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Not applicable
Level	Second cycle, has only first-cycle course/s as entry requirements
Grading scale	Pass, Fail
Department	Department of Neurobiology, Care Sciences and Society
Participating institutions	<ul style="list-style-type: none">• Department of Clinical Sciences, Danderyd Hospital
Decided by	Education committee NVS
Decision date	2018-12-12
Course syllabus valid from	Autumn 2019

Objectives

The course aims at the student to deepen his/her knowledge of managing a patient with pain, analysis and classification of the patient's pain condition, as well as planning an adequate treatment strategy for the individual and the pain condition.

Upon completion of the course the student should be able to:

- Use key concepts to explain the emergence and maintenance of different types of pain based on the bio-psycho-social pain model.
- Customize treatment and communication based on a person-centered approach.
- Apply current pain classification and argue for type of pain related to symptoms and signs found in pain history and at assessment.
- Select and argue for pain assessment- and evaluation tools for different types of pain states.
- Discuss age, gender and cultural background as well as psychosocial aspects in relation to pain and reflect on their own approach in the meeting with the patient.
- Explain and be able to discuss common associated problems in different pain states.
- Plan a treatment strategy for different types of pain states with argumentation for the choice of

intervention(s) based on the aethiology of the pain state and the individual's preconditions.

- Explain the principles of multimodal medical rehabilitation and occupational rehabilitation as well as discuss indications, obstacles and opportunities.
- Explain the complexity of pain and treatment options for patients with different pain conditions adapted to the situation and the patient's understanding.

Content

The course is based on a patient-centered approach and a pain ethiological perspective (nociceptive, neuropathic and nociplastic pain) with the following content:

Patient's perspective on pain and pain care
 Professional care, approach and communication
 Pain taxonomy
 Pain physiology
 Pain classification
 Pain analysis, pain ratings and instruments for assessment and evaluation of pain
 Interventions for different pain conditions
 Associated problems
 Psychological and social aspects of pain
 Pain psychology
 Team-based rehabilitation
 Multimodal rehabilitation
 Insurance medicine
 Occupational rehabilitation
 Pain from diverse perspectives; gender, children, elderly and cultural background.
 "Explain pain" - patient education

Teaching methods

The teaching is based on a problem-oriented and collaborative approach to learning in which the tasks provide opportunities for the student to take active responsibility for their learning. The used teaching methods are e.g lectures, web-based lectures, seminars, workshops, clinical reasoning, peer-review, team-based learning and practical application. In addition, self studies.

The course coordinator decides whether, and if so how, absence from compulsory course elements can be made up. Study results cannot be reported until the student has participated in compulsory course elements or compensated for any absence in accordance with instructions from the course coordinator. Absence from a compulsory course element could mean that the student can not retake the element until the next time the course is offered.

Examination

Examination of the course's objectives is done through written and oral presentations of study and examination assignments and by written exam at school.

Students who do not pass a regular examination are entitled to re-sit the examination on five more occasions. If the student has failed six examinations/tests, no additional examination is given. . Each occasion the student participates in the same test counts as an examination. Submission of a blank exam paper is regarded as an examination. In case a student is registered for an examination but does not attend, this is not regarded as an examination.

Late submissions of examinations are not accepted. Students who have not submitted on time are referred to re-examination.

Literature and other teaching aids

Om smärta : ett fysiologiskt perspektiv

Norrbrink, Cecilia; Lundeberg, Thomas

2. uppl. : Lund : Studentlitteratur, 2014 - 184 s.

ISBN:9789144089706 LIBRIS-ID:16592713

[Library search](#)

Smärta och inflammation : vid reumatiska sjukdomar och vanliga smärttillstånd i rörelseapparaten

Kosek, Eva; Lampa, Jon; Nisell, Ralph

1. uppl. : Lund : Studentlitteratur, 2014 - 429 s.

ISBN:9789144056357 LIBRIS-ID:17090702

[Library search](#)

Smärta i klinisk praxis

Rhodin, Annica

1. uppl. : Lund : Studentlitteratur, 2014 - 272 s.

ISBN:9789144091099 LIBRIS-ID:17039762

[Library search](#)

Näslund, Jan

Muskuloskeletal smärta

Upplaga 1 : Lund : Studentlitteratur, [2018] - 206 sidor

ISBN:9789144095370 LIBRIS-ID:3ccd8wqp11b6mjbh

[Library search](#)

Linton, Steven James

Att förstå patienter med smärta

2. uppl. : Lund : Studentlitteratur, 2013 - 312 s.

ISBN:9789144076171 LIBRIS-ID:14083663

[Library search](#)

FYSS, 2017: Fysisk aktivitet i sjukdomsprevention och sjukdomsbehandling

YFA, 2017

<http://www.fyss.se/>