

MDID 6360: Online Course: Preventing Chronic Pain Syllabus

Approved: 3/30/2020

Credit Hours: 0.5

Contact Information

Name	Position	Phone/Pager	Email
Candace Chow, PhD	Co-Director		Candace.chow@hsc.utah.edu
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Course Information

Brief Description of Course

This four-week one credit elective is a Coursera-based course. **You will use the Coursera platform to complete the course at your own pace during this four-week block.**

Coursera's description of the course is as follows:

"Chronic pain is at epidemic levels and has become the highest-cost condition in health care. This course uses evidence-based science with creative and experiential learning to better understand chronic pain conditions and how they can be prevented through self-management in our cognitive, behavioral, physical, emotional, spiritual, social, and environmental realms.

The goal of this course is to blend creative, experiential, and evidence-based teaching strategies to help participants understand chronic pain conditions and how a human systems approach can be applied to self-management strategies to reduce risk factors, enhance protective factors, and prevent chronic pain. There are four major objectives to the course; 1. Describe the prevalence, personal impact, and health care dilemma associated with chronic pain. 2. Recognize the clinical characteristics and underlying etiology of several common pain conditions and the peripheral, central, and genetic mechanisms of chronic pain 3. Based on the literature associated with risk and protective factors in the seven realms of our lives, learn specific strategies in each realm that can be employed daily to prevent chronic pain and enhance wellness. 4. Appreciate the value of a human systems approach to health care and how it can provide a basis for integrative, interdisciplinary, and individualized care to preventing pain and enhancing wellness."

<https://www.coursera.org/learn/chronic-pain>

Course Objectives

In order to successfully complete the course in Preventing Chronic Pain, students will complete the following modules:

1. Introduction to the Course
2. The Problem of Chronic Pain
3. Common Pain Conditions and their Mechanisms 1
4. Common Pain Conditions and their Mechanisms 2
5. Common Pain Conditions and their Mechanisms 3
6. Risk and Protective Factors in the Seven Realms 1
7. Risk and Protective Factors in the Seven Realms 2
8. Risk and Protective Factors in the Seven Realms 3
9. Risk and Protective Factors in the Seven Realms 4
10. Implementing Transformative Care

Course Format & Schedule

Timeline

April 13 – May 8

Educational and Instructional Modalities

Modality	Percentage
Asynchronous modules and assessments	100%

Role of the Student in this Course

Actively participate in all activities and thoughtfully complete readings and assignments

Required Textbooks/Readings

See website: <https://www.coursera.org/learn/chronic-pain>

Assessment & Grading

	Must Pass/ Must Complete	Due Date
Assignments and Must Complete Elements		
Completion of a one-paragraph individual learning plan for each course regarding plans to incorporate learning into practice	X	Weekly
Completion of each course within specialization	X	Weekly
Completion of survey once all courses in specialization are completed	X	Last day of course (5/8)

Grading System

Students will receive a final letter grade of PASS (P) or FAIL (F) for this course:

PASS: A student who achieves all of the criteria will be assigned a grade of PASS for the course.

FAIL: A student who fails to achieve all of the criteria for PASS will be assigned a grade of FAIL for the course.

Criteria to Pass include: Completion of courses within specialization, completing the individual learning plan to acceptable standards, and completing a follow-up survey once the specialization is completed.

Student Feedback

Providing feedback is an important aspect of your professionalism expectation and helps with our curriculum quality improvement process. Your elective course director or coordinator will inform you of any course feedback surveys. Surveys must be completed by the due date to demonstrate reliability for the professionalism competency.

Standard Policies

Please refer to the Student Handbook (on the Student Affairs website) for these policies:

Accommodations

Addressing Sexual Misconduct

Dress Code

Examination and Grading Policies

Grade or Score Appeal

Professionalism, Roles & Responsibilities

Mistreatment

Infectious, Environmental and Bloodborne Pathogen Exposures Policy

Alternate Name and/or Personal Pronoun

Class rosters are provided to the instructor with the student's legal name as well as 'Preferred' first name (if previously entered by you in the Student Profile section of your CIS account). While CIS refers to this as merely a preference, we will honor you by referring to you with the name and pronoun that feels best for you in class, on papers, exams, group projects, etc. Please advise us of any name or pronoun changes (and please update CIS) so we can help create a learning environment in which you, your name, and your pronoun will be respected.

Center for Disability & Access

The School of Medicine seeks to provide equal access to its programs, services and activities for all medical students. The Center for Disability and Access (CDA) provides accommodations and support for the educational development of medical students with disabilities. Medical students with a documented disability, and students seeking to establish the existence of a disability, that would like to request accommodations are required to meet with the CDA to establish accommodations. The CDA will work closely with eligible students and the Academic Success Program to make arrangements for approved accommodations. The School of Medicine and CDA maintain a collegial, cooperative, and collaborative relationship to ensure compliance with federal and state regulations for students with disabilities.

Steven Baumann EdD, School of Medicine Senior Director of Academic Success Program, serves as the liaison between the School Of Medicine and the CDA.

Contact Information:

Dr. Steven Baumann, Senior Director of Academic Success Program

Safety Statement

The University of Utah values the safety of all campus community members. To report suspicious activity or to request a courtesy escort, call campus police at 801-585-COPS (801-585-2677). You will receive important emergency alerts and safety messages regarding campus safety via text message. For more information regarding safety and to view available training resources, including helpful videos, visit safeu.utah.edu.