

PHYSIOTHERAPIST PAIN MANAGEMENT SELF-ASSESSMENT



Canadian
Physiotherapy
Association

Association
canadienne de
physiothérapie

I can effectively apply basic science of pain to the assessment and management of people with pain

yes **no**

I can promote health and well-being through effectively preventing pain and disability

yes **no**

I can assess and measure the biological and psychosocial factors that contribute to pain, physical dysfunction and disability using valid and reliable assessment tools

yes **no**

I can identify professional, system, patient, family and community barriers to effective pain assessment and management

yes **no**

I can develop an evidence-informed physical therapy management program in collaboration with the client/patient, directed at modifying pain, promoting tissue healing, improving function and reducing disability

yes **no**

I can implement pain management that includes patient education, active approaches such as functionally oriented behavioural movement re-education approaches and exercise (including pacing), and passive approaches such as manual therapy, and application of electrophysical agents as relevant

yes **no**

I have a strong awareness of my scope of practice to evaluate and manage patients experiencing pain using evidence-based practice strategies for clinical decision making

yes **no**

I can refer patients, when appropriate and in a timely manner for additional care to practitioners with expertise such as medical and surgical, behavioural and psychological, or pharmaceutical

yes **no**

I can recognize individuals who are at risk for under-treatment of their pain (e.g. individuals who are unable to self-report pain, neonates, cognitively impaired)

yes **no**

I have the abilities to determine and communicate a diagnosis and prognosis for people with pain

yes **no**

I can recognize risk factors for persistence of pain and pain-related disability

yes **no**

I have a good awareness of personal attitudes and beliefs about pain and how these beliefs may influence pain management

yes **no**

I have a strong ability to empower people with pain and to encourage self-management

yes **no**

For further reading,
[click here](#)

My action plan: If you have identified several learning needs, consider one of these fantastic learning opportunities that cover multiple pain-related content and competencies.

[Pain Science Division Mentorship program](#)
[University of Alberta Certificate in Pain Management](#)
[McGill University Certificate on Chronic Pain Management](#)

If you have identified a couple areas for learning or if you prefer learning in smaller chunks, record which of the learning resources provided you are going to access as part of your action plan.

Reference:
<http://www.iasp-pain.org/Education/CurriculumDetail.aspx?ItemNumber=2055>

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