



## **PHYSIOTHERAPIST SELF-ASSESSMENT CHECKLIST PAIN RESOURCES BY COMPETENCY**

### **Application of basic science of pain to the assessment and management of pain**

Lorimer Moseley – [Why things hurt](#)  
<https://www.youtube.com/watch?v=gwd-wLdIHjs>

Neil Pearson – 3 part video series available through the Canadian Pain Coalition  
[http://www.canadianpaincoalition.ca/media/video/overcome\\_pain/part\\_1/](http://www.canadianpaincoalition.ca/media/video/overcome_pain/part_1/)  
[http://www.canadianpaincoalition.ca/media/video/overcome\\_pain/part\\_2/](http://www.canadianpaincoalition.ca/media/video/overcome_pain/part_2/)  
[http://www.canadianpaincoalition.ca/media/video/overcome\\_pain/part\\_3/](http://www.canadianpaincoalition.ca/media/video/overcome_pain/part_3/)

Brainman - [Understanding Pain in less than five minutes](#)  
<https://www.youtube.com/watch?v=5KrUL8tOaQs&feature=youtu.be>

Moseley GL. A pain neuromatrix approach to patients with chronic pain. Man Ther. 2003 Aug;8(3):130–40.  
<https://www.ncbi.nlm.nih.gov/pubmed/12909433>

Moseley GL, Butler D. Explain Pain Supercharged. Available here: <http://www.noigroup.com/en/Product/EPsB>

### **Promoting health and well-being through effectively preventing pain and disability**

Ottawa Charter for Health Promotion  
<http://www.who.int/healthpromotion/conferences/previous/ottawa/en/index1.html>

### **Assessing and measuring biological and psychosocial factors that contribute to pain, physical dysfunction and disability using valid and reliable assessment tools**

Dave Walton - a series of four videos on pain assessment  
<https://www.youtube.com/watch?v=YeMjdm30824>

Bronnie Lennox-Thomson – a blog post about self-report measure for people with pain  
<https://healthskills.wordpress.com/2016/11/21/what-do-we-do-with-those-questionnaires/>

An online course for pain assessment with Dave Walton  
<https://www.medbridgeeducation.com/courses/details/evidence-informed-assessment-and-evaluation-of-pain-david-walton-physical-therapy>

## **Identifying barriers to effective pain assessment and management**

Social Determinants of Health

<http://www.phac-aspc.gc.ca/ph-sp/determinants/determinants-eng.php#unhealthy>

Barriers and facilitators to chronic pain self-management: a qualitative study of primary care patients with comorbid musculoskeletal pain and depression. [Open Access]

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2884223/>

Privilege 101: Power, privilege and oppression in the context of health equity

<http://www.physicaltherapy.utoronto.ca/continuing-education/courses/privilege-101-power-privilege-oppression-context-health-equity/> (Article and video on the course: <http://medicine.utoronto.ca/news/privilege-101-understanding-privilege-oppression> )

## **Developing an evidence-informed physical therapy management program**

Pain Toolkit | Pain Self-management, Pete Moore

<https://www.pain toolkit.org/>

Greg Lehman has a free pain education and treatment manual for clinicians to use: <http://www.greglehman.ca/pain-science-workbooks>

Reconciling Biomechanics with Pain Science

<http://www.greglehman.ca/blog/2015/02/02/physiofundamentals-reconciling-biomechanics-with-pain-science>

Pelvic Health Solutions Level III: Clinical Skills for Treating Pain? <http://pelvichealthsolutions.ca/event/level-iii-clinical-skills-for-treating-pain/2017-05-26/>

The Art and Science of Pain Management & Understand the Brain to Treat Pain

<http://www.painsolutions.info/courses.html>

## **Implementing pain management approaches**

Patient education

Pain Science Division newsletter, May 2015

<https://physiotherapy.ca/divisions/pain-science-newsletter>

Explain Pain course - <http://www.noigroup.com/en/Courses>

Active approaches including exercise and behavioural approaches

MDT - <http://www.mckenzieinstituteCanada.org/canada-courses.cfm>

Katherine Harman with CIRPD - [How Can we Help Our Patients in Pain to Exercise?](#)

Progressive Goal Attainment Program - <https://www.pgapworks.com/en/index.php>

## **Scope of practice**

Canadian Alliance of Physiotherapy Regulators- Regulators' Websites <http://www.alliancept.org/regulator-websites/>

National Physiotherapy Advisory Group: Essential Competency Profile for Physiotherapists in Canada

<http://npag.ca/PDFs/Joint%20Initiatives/PT%20profile%202009%20English.pdf>

National Physiotherapy Advisory Group: Essential Competency Profile for Physiotherapist Assistants in Canada  
<http://npag.ca/PDFs/Joint%20Initiatives/PTA%20profile%202012%20English.pdf>

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

Medical Screening in Physical Therapy Practice - <https://www.evidenceinmotion.com/educational-offerings/course/essentials-of-medical-screening-in-physical-therapy-practice/>

*Screening tools for depression*

Case finding and screening clinical utility of the Patient Health Questionnaire (PHQ-9 and PHQ-2) for depression in primary care: a diagnostic meta-analysis of 40 studies. [Open Access]

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4995584/>

PHQ9: [http://www.phqscreeners.com/sites/g/files/g10016261/f/201412/PHQ-9\\_English.pdf](http://www.phqscreeners.com/sites/g/files/g10016261/f/201412/PHQ-9_English.pdf)

PHQ9 instruction manual: <https://www.cancercares.on.ca/common/pages/UserFile.aspx?fileId=350851> Essentials of

*Screening for imaging in musculoskeletal conditions*

Basic Musculoskeletal Radiology and Imaging - <https://www.medbridgeeducation.com/courses/details/basic-musculoskeletal-radiology-and-imaging>

Indications for MSK Imaging - <https://www.medbridgeeducation.com/courses/details/indications-for-musculoskeletal-imaging-robert-boyles-physical-therapy-orthopedics>

**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)**

Pain in elderly people with severe dementia: a systematic review of behavioural pain assessment tools [Open Access]

<https://www.ncbi.nlm.nih.gov/pubmed/16441889>

Preliminary validation of an observational pain checklist for persons with cognitive impairments and inability to communicate verbally. [Open Access]

<https://www.ncbi.nlm.nih.gov/pubmed/11034454>

Non-Communicating Children's Pain Checklist OM:

[https://physiotherapy.ca/system/files/PSD/akh\\_breau\\_everyday.pdf](https://physiotherapy.ca/system/files/PSD/akh_breau_everyday.pdf)

**Determining and communicating a diagnosis and prognosis**

Diagnostic criteria for a few pain conditions:

Validation of proposed diagnostic criteria (the "Budapest Criteria") for Complex Regional Pain Syndrome [Open Access]

<https://www.ncbi.nlm.nih.gov/pubmed/20493633>

2016 Revisions to the 2010/2011 fibromyalgia diagnostic criteria [Not Open Access]

[http://www.semarthritisrheumatism.com/article/S0049-0172\(16\)30208-6/abstract](http://www.semarthritisrheumatism.com/article/S0049-0172(16)30208-6/abstract)

**Recognizing risk factors for persistence of pain and pain-related disability**

Beth Darnall with CIRPD - [Reducing Catastrophizing to Prevent and Treat Chronic Pain](#)

Live Event: May 17, 2017 - 11:00 a.m. PDT, 2:00 p.m. EDT

<http://cirpd.org/Webinars/Pages/Webinar.aspx?wbID=151>

Robert Gatchel with CIRPD - [Fear-Avoidance Beliefs and Chronic Pain](http://cirpd.org/Webinars/Pages/Webinar.aspx?wbID=129)  
<http://cirpd.org/Webinars/Pages/Webinar.aspx?wbID=129>

Progressive Goal Attainment Program - <https://www.pgapworks.com/en/index.php>

### **Awareness of personal attitudes and beliefs about pain and how these beliefs may influence pain management**

Darlow B, Fullen BM, Dean S, Hurley DA, Baxter GD, Dowell A. The association between health care professional attitudes and beliefs and the attitudes and beliefs, clinical management, and outcomes of patients with low back pain: a systematic review. *Eur J Pain*. 2012;16(1):3–17.

A Qualitative Investigation of Physical Therapists' Experiences and Feelings of Managing Patients with Nonspecific Low Back Pain [Open Access]  
<https://academic.oup.com/ptj/article-lookup/doi/10.2522/ptj.20100416>

### **Empowering people with pain and encouraging self-management**

#### *Self management*

Jordan Miller with CIRPD - [Chronic Pain Self-Management Support with Pain Science Education and Exercise](#)

#### *Motivational interviewing*

Motivational Interviewing in Brief Consultations (BMJ)  
<http://learning.bmj.com/learning/module-intro/.html?moduleId=10051582>

Rollnick, Miller, Butler. *Motivational Interviewing in Health Care: Helping Patients Change Behaviour*.

Improving the self-management of chronic pain: COping with Persistent pain, Effectiveness research in Self-management (COPERS) [Open Access]  
<https://www.ncbi.nlm.nih.gov/books/NBK385106/>

Motivational Interviewing course

[http://www.camh.ca/en/education/about/AZCourses/Pages/Motivational%20Interviewing-\(MI\)-Courses.aspx](http://www.camh.ca/en/education/about/AZCourses/Pages/Motivational%20Interviewing-(MI)-Courses.aspx)



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[www.physiotherapy.ca](http://www.physiotherapy.ca)  
[www.PhysioCanHelp.ca/pain](http://www.PhysioCanHelp.ca/pain)  
<https://physiotherapy.ca/divisions/pain-science>  
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@PainPhysiosCan