



**SGH  
PGAHI**

POSTGRADUATE  
ALLIED HEALTH INSTITUTE

# Fundamentals of Chronic Pain Management for Clinicians

## 6 & 7 Jun 2022

### Introduction

Chronic pain is a complex and common health problem that has a profound impact on individuals and society. Despite its prevalence, it remains complex to manage, largely due to the co-existence and interactions between the biological, social and psychological factors. This can lead to considerable frustration for both clinicians and patients. This multidisciplinary course is designed to provide clinicians with a fundamental understanding behind the assessment, treatment, and management of chronic pain, through a biopsychosocial lens.

### Course Objectives

This course aims to enable participants to:

- Understand the differences between pain and nociception
- Describe clinical distinctions between acute and persistent pain
- Appreciate the various contributors to pain within the biopsychosocial model
- Develop an understanding of a multidisciplinary team in self-management of a patient with chronic pain
- Discuss essential concepts/details of mechanisms that contribute to pain
- Integrate a biopsychosocial approach to assessment and management of pain problem
- Learn about existing psychological approaches to chronic pain
- Describe available treatment options for the management of pain and the underlying principles for their mode of action
- Be able to apply knowledge obtained towards clinical cases

### Course Outline

- Introduction to pain
- Assessment of pain
- Pain mechanisms
- Treatment of pain
- Psychological approaches for chronic pain management
- Medical management of chronic pain (pharmacological and interventional/procedural)
- Physiotherapy management of chronic pain
- Case studies

### Quick links

[FAQs](#) | [PGAHI Programmes](#) | [Training Calendar & Directory](#)

### Course Details

Date	: 6 & 7 Jun 2022
Duration	: 8 hours
Time	: 1 to 5pm
Class size	: 25 participants
Device required	: Laptop/ Desktop (with microphone, speaker and webcam)
Platform	: Zoom Cloud Meetings (Meeting details will be provided at a later date.)
Fee	: S\$350 (SingHealth) S\$390 (Regular) (inclusive of 7% GST)

### Target Audience

Healthcare professionals dealing with patients with chronic pain

### Teaching Faculty

#### Dr Philip Cheong

Senior Principal Physiotherapist, SGH

#### Mr John Tan Wei Ming

Principal Physiotherapist, SGH

#### Mr Kenneth Goh

Senior Physiotherapist, SGH

#### Dr Adeline Leong

Consultant, Pain Medicine, SGH

#### Dr Yang Su-Yin

Principal Psychologist, Psychology, TTSH

### Registration

To register (Internet access is required), scan the following QR code or click on the web link. Registration closes on

**16 May 2022.**



<https://form.gov.sg/623192f36484a40014591ecc>

Upon registration, you agree to [Terms & Conditions](#) of PGAHI.