

Module Head: Dr. Michelle Cheung

Last update: 6 May 2021

Session	1	2	3	4	5	6	7	8	Exam
Date	4/10 (M)	11/10 (M)	18/10 (M)	25/10 (M)	1/11 (M)	8/11 (M)	15/11 (M)	22/11 (M)	11/12 (S)
Time	1830-2130	1830-2130	1830-2130	1830-2130	1830-2130	1830-2130	1830-2130	1830-2130	1630-1730
Venue	OLC	OLC	OLC	OLC	OLC	OLC	OLC	OLC	

Theme	Content	Speakers	Session	Date
Pain Management and Assessment	Acute and chronic musculoskeletal pain (trauma, surgery, degeneration, rheumatism, MPS, fibromyalgia) and concept of multi-modal analgesia.	Dr. Aaron Ying (Anaes)	1	4/10 (M) 1830-2130
	LBP and Neuropathic Pain involves limbs: CRPS, PLP, peripheral neuropathies	Dr. Ara Li (Anaes)	2	11/10 (M) 1830-2130
	Non-pharmacological modalities for pain relief and rehabilitation	Dr. Anthony Kwok (PT)	3	18/10 (M) 1830-2130
	The assessment of pain: grading and monitoring Cognitive & Psychosocial Assessment	Professor SY Chair (Nurse)	4	25/10 (M) 1830-2130
Psychosocial Aspects of Rehabilitation	Effect of psychosocial conditions on pain perception and rehabilitation: e.g. IOD and litigation, Post-Traumatic Stress Disorder, etc.	Dr. CK Wong (Psychiatrist)	5	1/11 (M) 1830-2130
	Psychiatric Disorders and Pain	Dr. Arthur DP Mak (Psychiatrist)	6	8/11 (M) 1830-2130
	Cognitive Behaviour Therapy	Mr. Frederick Au (OT)	7	15/11 (M) 1830-2130
	Role of Psychotherapy on pain management and rehabilitation: e.g. acceptance, active coping, behaviour therapy, etc.	Ms. Susanna Choy (Clin Psychologist)	8	22/11 (M) 1830-2130
	Written Examination		----	11 Dec (Sat)

Venue: OLC Seminar Room, Orthopaedics Learning Centre, 1/F, Li Ka Shing Specialist Clinic (North Wing), Prince of Wales Hospital

Brief Description:

Pain in particular chronic pain of the musculoskeletal system is closely linked to psychosocial consequences of disability and proper management is the key to rehabilitation. The new arrangement will provide a holistic approach, and enables participants to explore more deeply the psychosocial issues that arise from musculoskeletal impairments and disabilities and to prepare them for further studies in health counseling or behaviour therapy. In addition the causes, nature and types of musculoskeletal pain are discussed, and introduction to management including the psychosocial interventions, medications, interventional treatments and alternative treatments including Chinese medicine.

骨關節系統的慢性疼痛對病人的心理社交有密切的因果關係，適當的管理是康復的關鍵。本科目將令學員更深入地探索骨關節損傷和身體障礙所產生的心理社交問題，諮詢或行為治療。亦會討論骨關節疼痛的原因，性質和類型，包括心理社交治療，藥物治療，介入治療以及中藥在內的另類療法。

Learning Outcome:

Students should be able to understand and apply:

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| <ul style="list-style-type: none"> A. Principles of pain management 1. Mechanisms of pain and theory 2. Survey of common causes of musculoskeletal pain 3. Psychosocial aspects of pain and non-medication treatment of pain 4. Pain medication and pharmacology 5. Interdisciplinary approach | <ul style="list-style-type: none"> B. Psychosocial aspects of rehabilitation 1. Psychosocial issues, presentations, subjective and objective assessments 2. Post-traumatic stress disorders and related problems 3. Acute interventions 4. Psychosocial issues and management of musculoskeletal injuries (CBT) |
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Assessment: (Face-to face mode)

Written assessment

Date: 11/12/2021 (Sat)

Time: 16:30 – 17:30 (to be confirmed)

Venue: Room 301, Li Ka Shing Institute of Health Sciences, Prince of Wales Hospital (*to be confirmed*)

Speakers:

Dr. Michelle Cheung	MBChB, FHKCA, FPM(HKCA), FHKAM(anaes), FANZCA, DPMgt(HKCA) Consultant, Pain Management Team, Department of Anaesthesia and Intensive Care, Prince of Wales Hospital
Dr. Aaron Ying	FHKAM(Anaesthesiology), FHKCA, FANZCA, MRes(Med), MBBS Associate Consultant, Department of Anaesthesia & Intensive Care, Prince of Wales Hospital
Dr. Ara Li	MBChB, FJKCA, FANZCA Associate Consultant, Pain Management Team, Department of Anaesthesia and Intensive Care, Prince of Wales Hospital
Professor SY Chair	RN, PhD, FAAN, FHKAN Vice-Director of Research and the Head of Graduate Division, Nethersole School of Nursing, The Chinese University of Hong Kong
Dr. Anthony Kwok	PhD, FCHSE, FHKCHSE, RPT (HK & Astralia), CPMSIA, MHKPA, MHKES, CCD (ISCD) Associate Professor (Physiotherapy), Tung Wah College
Dr. Arthur Mak	MBChB, MRCPsych, FHKAM (Psychiatry), FHKCPsych Assistant Professor, Department of Psychiatry, The Chinese University of Hong Kong
Mr. Frederick Au	PDOT(HKPU), MSc Training (U of Leicester, UK), Certified CT (A of CT USA), A Certified Coach (ILCT USA) Manager, Occupational Therapy Department, Prince of Wales Hospital
Dr. CK Wong, JP	MBBS, MD, FRCPsych, FHKCPsych, FHKAM(Psychiatry) Specialist in Psychiatry
Ms. Susanna Choy	MSSc Clinical Psychology, Registered Clinical Psychologist Clinical Placement Coordinator, Master of Clinical Psychology Programme (HKU / CUHK)